

GÜRAL PREMIER TEKIROVA PRESENTS



# Fitness & Fun

31.07-06.08 2023 PROFITNESSWEEKS.COM FEAT. RACHEL HOLMES GREAT BRITAIN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 31.07	TUESDAY 01.08	WEDNESDAY 02.08	THURSDAY 03.08	FRIDAY 04.08	SATURDAY 05.08	SUNDAY 06.08
08.15-09.00 SPORTS AREA	MORNING STRETCH RACHEL	MOVING MEDITATION RACHEL	MORNING STRETCH RACHEL	MORNING PILATES RACHEL		MFR MYOFASCIAL RELEASE SPORTS TEAM	
10.15-11.00 SPORTS AREA OR FITNESS CENTER	PILATES FOR ALL RACHEL	FLAT ABS WORKOUT RACHEL	FITNESS PILATES RACHEL	CORE TRAINING RACHEL		HATHA YOGA SPORTS TEAM	
11.15-11.45 MAIN POOL	AQUA FITNESS RACHEL	FOAM PARTY	AQUA FITNESS RACHEL	AQUA SPINNING SPORTS TEAM		AQUA GYM WITH NOODLES SPORTS TEAM	
16.15-17.00 SPORTS AREA OR FITNESS CENTER	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	HEALTHY BACK SPORTS TEAM	H.I.T. WORKOUT FITNESS & FUN RACHEL		HEALTHY BACK SPORTS TEAM	
17.15-18.00 SPORTS AREA OR FITNESS CENTER	H.I.T. WORKOUT FITNESS & FUN RACHEL	STEP AEROBICS FITNESS & FUN RACHEL	TABATA FITNESS & FUN RACHEL	STEP AEROBICS SPORTS TEAM		JUMPING FITNESS & FUN SPORTS TEAM	



**INTERNATIONAL PRESENTER**  
**RACHEL HOLMES**  
**GREAT BRITAIN**

International presenter  
Certified Pilates Teacher  
Pro Fitness Instructor  
Team AerobicWeekends International  
[www.choreographytogo.com](http://www.choreographytogo.com)



*"The key to succes is to have fun while training. Each class is suitable for all, from beginners to elite trained athletes. Together we will have fun, push ourselves and enjoy our vaccation. All you have to do is join us and we will help you improve your fitness."*

**GÜRAL**  
PREMIER HOTELS & RESORTS

**AerobicWeekends**  
SWEDEN

**f** DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER  
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