

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

07.08-13.08 2023 PROFITNESSWEEKS.COM

FEAT. VIVI JEPPESEN SWEDEN & THE GÜRAL SPORTS TEAM

| PRELIMINAR | MONDAY 07.08 | TUESDAY 08.08 | WEDNESDAY 09.08 | THURSDAY 10.08 | FRIDAY 11.08 | SATURDAY 12.08 | SUNDAY 13.08 |
|----------------------------|---|---|---|---|--------------------------------------|---|---|
| 08.15-09.00 SPORTS AREA | MORNING STRETCH SPORTS TEAM | HATHA YOGA SPORTS TEAM | MORNING YOGA VIVI | HATHA YOGA SPORTS TEAM | MORNING YOGA VIVI | HATHA YOGA SPORTS TEAM | VINYASA YOGA SPORTS TEAM |
| 10.15-11.00 SPORTS AREA | DANZY FITNESS VIVI | PILATES FLOW FOR ALL VIVI | FAT BURNING WORKOUT SPORTS TEAM | CROSSFITNESS W.O.D. VIVI | SAMBA MIX VIVI | PILATES FLOW FOR ALL VIVI | FAT BURNING WORKOUT SPORTS TEAM |
| 11.15-11.45 MAIN POOL | AQUA GYM WITH NOODLES SPORTS TEAM | FOAM PARTY | AQUA SPLASH DANCE VIVI | AQUA GYM WITH NOODLES SPORTS TEAM | AQUA ZUMBA VIVI | AQUA GYM WITH DUMBBELL SPORTS TEAM | AQUA GYM WITH NOODLES SPORTS TEAM |
| 16.15-17.00 SPORTS AREA | AERIAL YOGA FITNESS & FUN SPORTS TEAM | JUMPING FITNESS & FUN SPORTS TEAM | AERIAL YOGA FITNESS & FUN SPORTS TEAM | JUMPING FITNESS & FUN SPORTS TEAM | CHAIR DANCE FITNESS & FUN VIVI | DANZY PARTY FITNESS & FUN TEAMTEACH | AERIAL YOGA FITNESS & FUN SPORTS TEAM |
| 17.15-18.00 SPORTS AREA | ZUMBA VIVI & SPORTS TEAM | LYRICAL JAZZ FITNESS & FUN VIVI | SALSA LADIES STYLE VIVI | BACHATA BASICS VVIV | ZUMBA VIVI & SPORTS TEAM | BOOTY WORKOUT SPORTS TEAM | TABATA WORKOUT SPORTS TEAM |



INTERNATIONAL PRESENTER VIVI JEPPESEN - SWEDEN

International Presenter, Dancer and Pro Fitness Instructor. Educated in the national school of contemporary Dance in Copenhagen. With her energizing inspiration, Vivii's classes are always a breathtaking workout experience for Your mind and body.
@vivi_fitness1



"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 vacation. All you have to do is join us and we will help you improve your fitness."

GÜRAL
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AerobicWeekends
SWEDEN

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