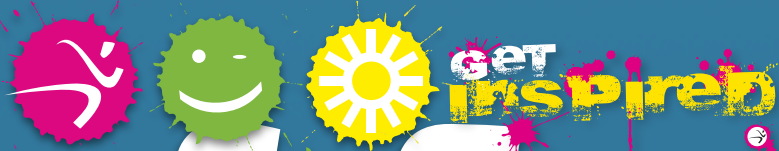


GÜRAL PREMIER BELEK PRESENTS



# Fitness & Fun

14.08-20.08 2023 PROFITNESSWEEKS.COM

FEAT. MALENA KINDGREN SWEDEN & THE GÜRAL SPORTS TEAM

	MONDAY 14.08	TUESDAY 15.08	WEDNESDAY 16.08	THURSDAY 17.08	FRIDAY 18.08	SATURDAY 19.08	SUNDAY 20.08
08.15-09.00 SPORTS AREA	MORNING YOGA MALENA	HATHA YOGA SPORTS TEAM	MORNING YOGA MALENA	VINYASA YOGA SPORTS TEAM	MORNING YOGA MALENA	HATHA YOGA SPORTS TEAM	MORNING YOGA MALENA
10.15-11.00 SPORTS AREA	STEP AEROBICS SPORTS TEAM	JUMPING FITNESS SPORTS TEAM	BOOTY WORKOUT SPORTS TEAM	CORE TRAINING MALENA	STEP AEROBICS SPORTS TEAM	CROSS FITNESS FOR ALL MALENA	BOOTY WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA FITNESS & FUN MALENA	AQUA SPLASH DANCE MALENA	CROCODILE POOL GAMES	AQUA FITNESS MALENA	AQUA GYM DUMBBELL SPORTS TEAM	AQUA SPLASH DANCE MALENA	AQUA GYM NOODLES SPORTS TEAM
16.15-17.00 SPORTS AREA	AQUA SPINNING IN THE MAIN POOL	<b>FOAM PARTY</b>	PELVIC MUSCLES WORK SPORTS TEAM	PILATES FOR ALL SPORTS TEAM	JUMPING FITNESS SPORTS TEAM	AQUA SPINNING IN THE MAIN POOL	PELVIC MUSCLES WORK SPORTS TEAM
17.15-18.00 SPORTS AREA	DRUMZ vs AFRO DANCE MALENA	FAMILY FITNESS & FUN MALENA	DANZY PARTY FITNESS & FUN MALENA	CROSS FITNESS FOR ALL MALENA	TABATA FITNESS & FUN MALENA	FAMILY FITNESS & FUN MALENA	PILATES FOR ALL SPORTS TEAM



**INTERNATIONAL PRESENTER  
MALENA KINDGREN - SWEDEN**

International Fitness Presenter.  
Sports Educator.  
Health Ambassador.  
Family Fitness  
Specialized in Functional Fitness, Family Fitness, Core, Aqua, DanZy & more.  
Long time member of the AerobicWeekends International Presenter team.  
@malenakindgren



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