

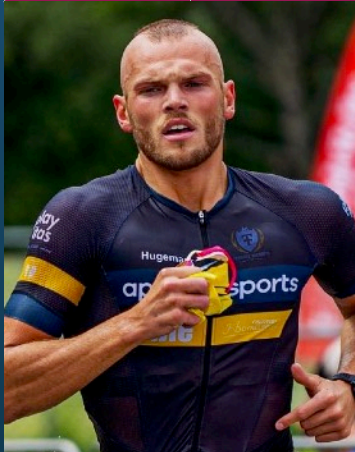
GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

14.08-20.08 2023 PROFITNESSWEEKS.COM FEAT. JONATAN HUGEMARK SWEDEN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	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 STRETCH & SWIM JONATAN	MORNING PILATES SPORTS TEAM	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING PILATES SPORTS TEAM	MORNING STRETCH & SWIM JONATAN	MFR MYOFASCIAL RELEASE SPORTS TEAM	MORNING STRETCH & SWIM JONATAN
10.15-11.00 SPORTS AREA	CROSS FITNESS JONATAN	CORE TRAINING JONATAN	CROSS FITNESS JONATAN	TABATA WORKOUT JONATAN	CROSS FITNESS JONATAN	CORE TRAINING JONATAN	CROSS FITNESS JONATAN
11.15-11.45 MAIN POOL	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	FOAM PARTY	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA SPINNING SPORTS TEAM	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM WITH DUMBBELL SPORTS TEAM	AQUA SPINNING SPORTS TEAM
16.15-17.00 SPORTS AREA	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER JONATAN	SWIMMING SCHOOL JONATAN <small>MEET AT SPORTS AREA</small>	HEALTHY BACK SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	STEP AEROBICS SPORTS TEAM	HEALTHY BACK SPORTS TEAM
17.15-18.00 SPORTS AREA	SWIM'RUN FOR FUN JONATAN <small>MEET AT SPORTS AREA</small>	STEP AEROBICS SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER JONATAN	SWIM'RUN FOR FUN JONATAN <small>MEET AT SPORTS AREA</small>	HEALTHY BACK SPORTS TEAM	TABATA WORKOUT SPORTS TEAM



JONATAN HUGEMARK - SWEDEN

Certified Personal Trainer & Coach Professional Athlete with expertise in Fitness, Running, Bootcamp & Strength Training. @jonatanhugemark



"The key to success 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
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



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