

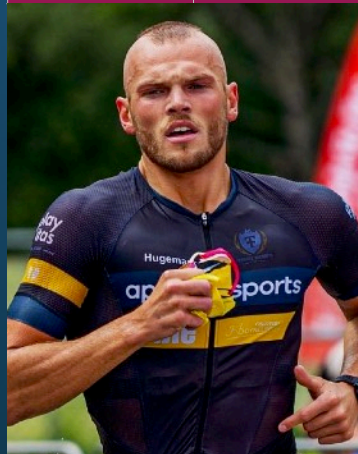
GÜRAL PREMIER BELEK PRESENTS



# Fitness & Fun

21.08-27.08 2023 PROFITNESSWEEKS.COM FEAT. JONATAN HUGEMARK SWEDEN & THE GÜRAL SPORTS TEAM

	MONDAY 21.08	TUESDAY 22.08	WEDNESDAY 23.08	THURSDAY 24.08	FRIDAY 25.08	SATURDAY 26.08	SUNDAY 27.08
08.15-09.00 SPORTS AREA	MORNING STRETCH & SWIM JONATAN	HATHA YOGA SPORTS TEAM	MORNING STRETCH & SWIM JONATAN	VINYASA YOGA SPORTS TEAM	MORNING STRETCH & SWIM JONATAN	HATHA YOGA SPORTS TEAM	VINYASA YOGA SPORTS TEAM
10.15-11.00 SPORTS AREA	CROSS FITNESS JONATAN	CORE TRAINING JONATAN	CROSS FITNESS JONATAN	PELVIC MUSCLES WORK SPORTS TEAM	CROSS FITNESS JONATAN	CORE TRAINING JONATAN	BOOTY WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM WITH NOODLES SPORTS TEAM	CROCODILE POOL GAMES	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM DUMBBELL SPORTS TEAM	AQUA GYM NOODLES SPORTS TEAM	AQUA GYM DUMBBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	AQUA SPINNING IN THE MAIN POOL	FOAM PARTY IN THE MAIN POOL	SWIMMING SCHOOL JONATAN <small>MEET AT SPORTS AREA</small>	TABATA WORKOUT JONATAN	JUMPING FITNESS & FUN SPORTS TEAM	AQUA SPINNING IN THE MAIN POOL	PELVIC MUSCLES WORK SPORTS TEAM
17.15-18.00 SPORTS AREA	SWIM'RUN FOR FUN JONATAN <small>MEET AT SPORTS AREA</small>	HIT WORKOUT JONATAN	HEALTHY BACK SPORTS TEAM	SWIM'RUN FOR FUN JONATAN <small>MEET AT SPORTS AREA</small>	HIT WORKOUT JONATAN	CROSS FITNESS SPORTS TEAM	PILATES FOR ALL 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."