

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

21.08-27.08 2023 PROFITNESSWEEKS.COM

FEAT. MALENA KINDGREN SWEDEN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 21.08	TUESDAY 22.08	WEDNESDAY 23.08	THURSDAY 24.08	FRIDAY 25.08	SATURDAY 26.08
08.15-09.00 SPORTS AREA	HATHA YOGA SPORTS TEAM	MORNING PILATES SPORTS TEAM	MORNING YOGA MALENA	MORNING PILATES SPORTS TEAM	MORNING YOGA MALENA	MFR MYOFASCIAL RELEASE SPORTS TEAM
10.15-11.00 SPORTS AREA	CORE TRAINING MALENA	CROSS FITNESS FOR ALL MALENA	MFR MYOFASCIAL RELEASE SPORTS TEAM	CORE TRAINING MALENA	STEP AEROBICS SPORTS TEAM	HATHA YOGA SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA FITNESS & FUN MALENA WITH TEAM	FOAM PARTY	AQUA SPLASH DANCE MALENA	AQUA SPINNING SPORTS TEAM	AQUA FITNESS MALENA	AQUA GYM WITH DUMBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	JUMPING FITNESS & FUN SPORTS TEAM	CYCLING AT THE FITNESS CENTER SPORTS TEAM	HEALTHY BACK SPORTS TEAM	HEALTHY BACK SPORTS TEAM	JUMPING FITNESS & FUN SPORTS TEAM	STEP AEROBICS SPORTS TEAM
17.15-18.00 SPORTS AREA	DRUMZ vs AFRO DANCE MALENA	CIRCUIT TRAINING MALENA	JUMPING FITNESS & FUN SPORTS TEAM	TABATA FITNESS & FUN MALENA	DANZY PARTY FITNESS & FUN MALENA	HEALTHY BACK 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."