

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

05.08-11.08 2024 PROFITNESSWEEKS.COM FEAT. JONATAN HUGEMARK & HEDVIG GUSTAFSSON SWEDEN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 05.08	TUESDAY 06.08	WEDNESDAY 07.08	THURSDAY 08.08	FRIDAY 09.08	SATURDAY 10.08	SUNDAY 11.08
08.15-09.00 SPORTS AREA	MORNING STRETCH & SWIM HEDVIG	MORNING YOGA HEDVIG	MORNING STRETCH & SWIM HEDVIG	MORNING YOGA HEDVIG	MORNING STRETCH & SWIM HEDVIG	MORNING YOGA HEDVIG	MORNING YOGA HEDVIG
10.15-11.00 SPORTS AREA	CIRCUIT TRAINING HEDVIG	CORE TRAINING JONATAN	CROSS FITNESS HEDVIG	CORE TRAINING JONATAN	CROSS FITNESS HEDVIG	CORE TRAINING JONATAN	BOOTY WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	FOAM PARTY	AQUA SPINNING SPORTS TEAM	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM NOODLES SPORTS TEAM	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM DUMBBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	CROSS FITNESS SPORTS TEAM	TABATA WORKOUT SPORTS TEAM	SWIMMING SCHOOL JONATAN IN THE MAIN POOL	CROSS FITNESS SPORTS TEAM	TABATA WORKOUT SPORTS TEAM	AQUA SPINNING SPORTS TEAM IN THE MAIN POOL	STRETCHING 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 HEDVIG	



JONATAN HUGEMARK SWEDEN

Coach & Professional Athlete Performance Specialist with expertise in Hyrox, Triathlon, Fitness & Strength Training.
@athlethugo



HEDVIG GUSTAFSSON SWEDEN

Certified Personal Trainer with bachelor's degree in Sport Science and Public Health. Expertise in Strength Training, Olympic Lifting and Bootcamp.
@hedvig_gustafsson

"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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