

GÜRAL PREMIER BELEK PRESENTS



Fitness & Fun

26.08-01.09 2024 PROFITNESSWEEKS.COM FEAT. RACHEL HOLMES GREAT BRITAIN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 26.08	TUESDAY 27.08	WEDNESDAY 28.08	THURSDAY 29.08	FRIDAY 30.08	SATURDAY 31.08	SUNDAY 01.09
08.15-09.00 SPORTS AREA	ABS WORKOUT SPORTS TEAM	VINYASA YOGA SPORTS TEAM	MOVING MEDITATION RACHEL	MORNING PILATES RACHEL	HATHA YOGA SPORTS TEAM	MOVING MEDITATION RACHEL	MORNING PILATES RACHEL
10.15-11.00 SPORTS AREA OR FITNESS CENTER	TABATA WORKOUT SPORTS TEAM	ZUMBA FITNESS SPORTS TEAM	FITNESS PILATES RACHEL	ABS WORKOUT SPORTS TEAM	HEALTHY BACK RACHEL	STRETCHING SPORTS TEAM	ZUMBA FITNESS SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA ZUMBA SPORTS TEAM	AQUA FITNESS & FUN RACHEL	AQUA ZUMBA SPORTS TEAM	AQUA FITNESS & FUN RACHEL	AQUA GYM DUMBBELL SPORTS TEAM	AQUA FITNESS & FUN RACHEL	AQUA GYM NOODLES SPORTS TEAM
16.15-17.00 SPORTS AREA OR FITNESS CENTER	AQUA SPINNING 15.30 IN THE MAIN POOL	FOAM PARTY	PILATES SPORTS TEAM	ZUMBA FITNESS SPORTS TEAM	AQUA SPINNING 15.30 IN THE MAIN POOL	TABATA SPORTS TEAM	ABS WORKOUT SPORTS TEAM
17.15-18.00 SPORTS AREA OR FITNESS CENTER		FITNESS & FUN STEP AEROBICS RACHEL	FITNESS & FUN TABATA RACHEL	FITNESS & FUN BOOTY WORK RACHEL	FITNESS & FUN STEP AEROBICS RACHEL	FITNESS & FUN CORE WORKOUT RACHEL	FITNESS & FUN H.I.T. WORKOUT RACHEL



INTERNATIONAL PRESENTER RACHEL HOLMES GREAT BRITAIN

International presenter
Certified Pilates Teacher
Pro Fitness Instructor
Team AerobicWeekends
International
www.choreographytogo.com



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

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



DELUXE FITNESS & FUNWEEKS GÜRAL PREMIER
AEROBICWEEKENDS SWEDEN INTERNATIONAL
GÜRAL PREMIER



#AEROBICWEEKENDS
#GÜRALPREMIER
#DELUXEFITNESSFUNWEEK



AEROBICWEEKENDS.COM
GÜRALPREMIER.COM
PROFITNESSWEEKS.COM