

GOLF PLAISIR & AEROBICWEEKENDS PRESENTS

# GOLF & FITNESSWEEK

GOLF & FITNESSWEEK IS A PART OF THE INTERNATIONAL FITNESS & FUNWEEK



PRELIMINAR PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00-08.45 SPORTS AREA 1	MORNING YOGA MALIN	MORNING CORE KARIN	MORNING YOGA MALIN	MORNING QIGONG HENRIK	MORNING YOGA MALIN	MORNING PILATES SARA	MORNING YOGA MALIN
10.00 GOLF CENTER	GOLF PRACTICE & PLAY WITH PRO	FITNESS & RECREATION SEMINAR WITH HENRIK & GYULA	GOLF PRACTICE & PLAY WITH PRO	HEALTHY BACK SEMINAR WITH KARIN & GYULA	GOLF PRACTICE & PLAY WITH PRO	FUNCTIONAL FITNESS FOR GOLFERS	GOLF PRACTICE & PLAY WITH PRO
11.00-11.50 SPORTS AREA 1	YOGA MALIN	CORETRAINING LEVEL 1 HENRIK	H.I.T. INTERVALS KARIN & HENRIK	HEALTHY BACK RYGGFRISK KARIN & GYULA	H.I.T. INTERVALS MALIN & PETRI	PILATES SARA	YOGA MALIN BERG
12.00-12.50 SPORTS AREA	CROSS FITNESS INTRO GYULA	CROSS FITNESS 1 AKO	CROSS FITNESS 2 GYULA	CROSS FITNESS GOLF GYULA	CROSS FITNESS 3 AKO	CROSS FITNESS CHALLENGE AKO	CROSS FITNESS HOME GYULA
15.15-15.45 LEISSURE POOL	AQUA FITNESS PETRI & KARIN	AQUA SPLASH DANCE SARA & HENRIK	AQUA S.U.P. FITNESS HENRIK & SARA	AQUA H.I.T FITNESS PETRI & KARIN	AQUA SPLASH DANCE SARA & HENRIK	AQUA FITNESS RACHEL	AQUA ZUMBA FERNANDO
16.00-16.50 SPORTS AREA 2	INFO MEETING	GOLF PRACTICE & PLAY WITH PRO	XCORD CORETRAINING HENRIK	GOLF PRACTICE & PLAY WITH PRO	BOOTCAMP FOR FUN PETRI & AKO	XCORD CORETRAINING HENRIK	H.I.T. WORKOUT PETRI
17.00-17.40 FITNESS CENTER	STRENGTH TRAINING INTRODUCTION	STRENGTH TRAINING FOLLOW THE TRAINING PLAN 1	STRENGTH TRAINING FOLLOW THE TRAINING PLAN 2	STRENGTH TRAINING HEALTHY BACK	STRENGTH TRAINING GOLF SPECIFIC 1	STRENGTH TRAINING GOLF SPECIFIC 2	STRENGTH TRAINING HEALTHY BACK
17.00-17.40 SPORTS AREA	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S & 80'S	FITNESS & FUN CIRCUIT TRAINING	FITNESS & FUN TEAM TEACH	FITNESS & FUN ZUMBA PARTY	FITNESS & FUN TEAM TEACH
17.40-18.00 SPORTS AREA	STRETCH & RELAX HENRIK	STRETCH & RELAX SARA	STRETCH & RELAX SARA	STRETCH & RELAX RACHEL	STRETCH & RELAX SARA	STRETCH & RELAX FERNANDO	STRETCH & RELAX RACHEL
19.30 SPORTS BAR	WELCOME MINGLE & DINNER	MINGLE & DINNER ENTERTAINMENT	WHITE NIGHT PARTY	MINGLE & DINNER ENTERTAINMENT	MINGLE & DINNER ENTERTAINMENT	BLACK & WHITE GALA NIGHT	MINGLE & DINNER FAREWELL PARTY

WITH INTERNATIONAL PRESENTERS, PRO FITNESS & PRO GOLF INSTRUCTORS - AKO RAHIM (SWE) - KARIN HENNING (SWE) - GYULA BERSCENYI (HUN) - FERNANDO BRITO (CHI) - MALIN BERG (SWE) - HENRIK BRAMSVED (SWE) - SARA ULLMAN (SWE) - PETRI VÄHÄKOUPUS (FIN) & MORE



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