



MONTE FELIZ • GRAN CANARIA • 18-25 SEPTEMBER 2025

Fitness & Fun Week

AktivSenior **AerobicWeekends** SWEDEIN **apollo** sports



Preliminärt program	LÖRDAG 18/1	SÖNDAG 19 JAN	MÅNDAG 20 JAN	TISDAG 21 JAN	ONSDAG 22 JAN	TORSdag 23 JAN	FREDAG 24 JAN	FREDAG 25 JAN
07.30-08.00 MEET AT THE POOL	<p>WELCOME TO THE FITNESS & FUNWEEK ACTIVESENIORS MONTE FELIZ GRAN CANARIA</p>	MORNING WALK MARIA & LOUISE	FUNCTIONAL WALK GYULA & LOUISE	MORNING WALK MONICA & LOUISE	FUNCTIONAL WALK GYULA & LOUISE	MORNING WALK MARIA	FUNCTIONAL WALK DOROTA & LOUISE	AVRESEINFO TRANSFER AIRPORT 15.40
07.30-08.00 MEET AT THE POOL		MORNING SWIM HENRIK	STRETCH & SWIM GYULA	MORNING SWIM HENRIK	STRETCH & SWIM GYULA	MORNING SWIM HENRIK	STRETCH & SWIM HENRIK	LAS PALMAS 18.40
08.00-08.45 YOGA AREA		MORNING YOGA LOUISE	MORNING YOGA DOROTA	CORE & STRETCH HENRIK	MOVING MEDITATION DOROTA	MORNING YOGA MARIA	MORNING YOGA LOUISE	ARLANDA 26/1 01:20
08.00-08.45 MEET AT THE POOL		QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	QIGONG MONICA	THANK YOU FOR A WONDERFUL WEEK AT MONTE FELIZ
10.00-10.45 SEMINAR		TRÄNA SMART! HENRIK	RYGGFRISK HENRIK	STARK SENIOR HENRIK	HITTA MOTIVATIONEN! HENRIK	HÅLLBAR HÄLSA HENRIK	KORTKURS OM KOST HENRIK	SEE YOU ALL SOON AGAIN!
11.00-11.45 MULTI COURT		ANKOMSTINFO 18/1 ARLANDA 12:30 LAS PALMAS 17:40	CORETRAINING TEAM TEACH	CIRKEL TRÄNING HENRIK & LOUISE	CROSSFITNESS HENRIK	STYRKA BEN TEAM TEACH	CIRKEL TRÄNING HENRIK & LOUISE	CROSSFITNESS HENRIK
12.00-12.45 MULTI COURT		RYGGFRISK HENRIK	BALANS & RÖRLIGHET LOUISE	STARK SENIOR LOUISE	GYMNASTIK GYULA & HENRIK	RYGGFRISK HENRIK	STARKA BEN LOUISE & HENRIK	
15.15-15.45 MAIN POOL OPEN	<p>19.00 IMPORTANT INFOTOUR MEET AT RECEPTION</p>	AQUA FITNESS DOROTA, MARIA & HENRIK	AQUA SPLASH DANCE HENRIK LOUISE	AQUA FITNESS DOROTA & MARIA	<p>UTFLYKT 13.00-19.00</p>	AQUA YOGA DOROTA & HENRIK	AQUA SPLASH DANCE HENRIK LOUISE	
16.00-16.45 MULTI COURT		DANS & BALANS HENRIK & MONICA	BALL-ANCE MARIA & DOROTA	EASY DANCE HENRIK		EASY AEROBICS HENRIK & LOUISE	DANZY PARTY TEAM TEACH	
16.00-16.45 FITNESS CENTER		STYRKETRÄNING INTRO GYULA	RYGGFRISK GYULA	STARK SENIOR GYULA	PROVA PADEL HENRIK	RYGGFRISK GYULA		
17.00-17.45 MULTI COURT OPEN	FITNESS & FUN WELCOME GYMPA TEAM TEACH	FITNESS & FUN DANZY PARTY TEAM TEACH	FITNESS & FUN STEP FOR ALL TEAM TEACH	FITNESS & FUN 60, 70, 80 TAL TEAM TEACH		FITNESS & FUN CIRCUIT TRAINING TEAM TEACH	FITNESS & FUN FAREWELL WORKOUT	FITNESS & FUNWEEK MONTEFELIZ
17.45-18.15 MULTI COURT OPEN	STRETCH & RELAX HENRIK	YOGA STRETCH LOUISE	STRETCH & RELAX MARIA	YOGA STRETCH LOUISE		NOT INCLUDED	STRETCH & RELAX HENRIK	STRETCH & RELAX LOUISE
19.30-20.00 THE TERRACE	WELCOME CAVA & MINGLE	MINGLE DRESS CODE WHITE	OST & VIN- PROVNING	RETRO MINGLE DRESS CODE RETRO	ROSE & CHILL MINGLE	MINGLE DRESS CODE COLORFUL	BLACK & WHITE GALA MINGLE	
20.00-21.30 RESTAURANT	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21.30- LATE	WELCOME PARTY POOL BAR	WHITE PARTY MAIN BAR	MUSIC QUIZ POOL BAR	RETRO PARTY MAIN BAR	SALSA PARTY POOL BAR	COLORFUL PARTY MAIN BAR	BLACK & WHITE PARTY MAIN BAR	