



# INTERNATIONAL FITNESS & FUNWEEK™



PRELIMINAR PROGRAM	MONDAY 13.01	TUESDAY 14.01	WEDNESDAY 15.01	THURSDAY 16.01	FRIDAY 17.01	SATURDAY 18.01	SUNDAY 19.01	MONDAY 20.01	TUESDAY 21.01	WEDNESDAY 22.01	THURSDAY 23.01	FRIDAY 24.01	SATURDAY 25.01	SUNDAY 26.01
INSTRUCTOR EDUCATION		09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00	09.00-13.00, 14.00-18.00
07.30-08.00 MEET AT THE SPORT ZONE		<b>FUNCTIONAL WALK &amp; TALK</b> LOUISE & HENRIK	<b>MORNING WALK &amp; RUN</b> LOUISE & HENRIK	<b>07.00 SUNRISE MOUNTAIN WALK</b> WITH QIGONG	<b>MORNING WALK or RUN</b> LOUISE & HENRIK	<b>QIGONG AT THE BEACH</b> HENRIK	<b>FUNCTIONAL POWER WALK</b> SOFIE AKO LOUISE	<b>EASY MORNING RUN</b> MADELEN & LOUISE	<b>FUNCTIONAL WALK &amp; TALK</b> HENRIK & LOUISE	<b>FUNCTIONAL WALK or RUN</b> AKO & MADELEN	<b>07.00 SUNRISE MOUNTAIN WALK</b> WITH QIGONG	<b>FUNCTIONAL WALK or RUN</b> LOUISE & MADELEN	<b>QIGONG AT THE BEACH</b> HENRIK	<b>07.00 MORNING POWERWALK &amp; RUN</b> AKO & MADELEN
08.00-08.45 OPEN SPORTZONE	<b>WELCOME TO PLAYITAS &amp; THE 143<sup>TH</sup> INTERNATIONAL FITNESS &amp; FUNWEEK</b>	<b>MORNING YOGA</b> LOUISE & HENRIK	<b>MOVING MEDITATION</b> DOROTA	<b>CORE &amp; STRETCH</b> HENRIK & SOFIA	<b>MORNING YOGA</b> LOUISE & SOFIA	<b>MORNING PILATES</b> DOROTA	<b>MOVING MEDITATION</b> HENRIK & DOROTA	<b>MORNING YOGA</b> LOUISE & DOROTA	<b>MORNING PILATES</b> JENNI & MARIA	<b>MORNING YOGA</b> MARIA & DOROTA	<b>CORE &amp; STRETCH</b> JENNI & HENRIK	<b>MORNING YOGA</b> MARIA & JENNI	<b>MORNING PILATES</b> MARIA & DOROTA	<b>MOVING MEDITATION</b> YOGA SHALA DOROTA
10.00-10.50 POOLBAR LOUNGE PALAPA BAR		<b>FIND YOUR "MOVETIVATION"</b> HENRIK	<b>WEIGHT CONTROL</b> HENRIK & SOFIA	<b>CORE STABILITY THEORY</b> HENRIK & SOFIA	<b>SUSTAINABLE HEALTH</b> HENRIK & DOROTA	<b>STRENGTH TRAINING THEORY</b> AKO & BRETT	<b>HEALTHY BACK</b> HENRIK & DOROTA	<b>CARDIO TRAINING THEORY</b> HENRIK & LOUISE	<b>FIND YOUR "MOVETIVATION"</b> HENRIK & BRETT	<b>5 ELEMENT TRAINING</b> HENRIK & AKO	<b>RECOVERY &amp; REHAB AKO HAPPY PELVIS</b> JENNI	<b>BREATHING CONTROL</b> JENNI & DOROTA	<b>HEALTHY BACK</b> JENNI & HENRIK	<b>SUSTAINABLE HEALTH</b> HENRIK & JENNI
11.00-11.50 OPEN SPORTZONE		<b>CORE TRAINING 1</b> SOFIA & HENRIK	<b>POWER STEP</b> HENRIK & DOROTA	<b>H.I.T. vs TABATA</b> LOUISE & HENRIK	<b>DRUMZ vs. DANZY</b> TEAM TEACH	<b>CORE TRAINING 2</b> HENRIK & SOFIA	<b>DANZY PARTY</b> TEAM TEACH	<b>PILATES FOR ALL</b> DOROTA	<b>CORE TRAINING 1</b> HENRIK LOUISE JENNI	<b>POWER STEP</b> MARIA DORO HENRIK	<b>FIGHT FIT FOR ALL</b> BRETT & AKO	<b>DANZY PARTY</b> TEAM TEACH	<b>CORE TRAINING 2</b> HENRIK & LOUISE	<b>H.I.T. vs TABATA</b> HENRIK & MARIA
11.00-11.50 WOD BOX - THE RIG				<b>WOD BOX JUMPING FITNESS</b> BRETT		<b>WOD BOX</b> CARDIO W.O.D. BRETT & AKO	<b>DEFENZO</b> SELF DEFENSE PLAZA RAMBLA 11.00 BRETT & AKO	<b>GYMSTAC MOVES</b> PLAZA RAMBLA 11.00 HENRIK & AKO	<b>WOD BOX BOXING</b> BRETT & AKO	<b>DEFENZO</b> SELF DEFENSE PLAZA RAMBLA 11.00 BRETT & AKO	<b>THE RIG BUNGEE SUPER FLY</b> DOROTA LOUISE	<b>WOD BOX</b> CARDIO W.O.D. BRETT & LOUISE	<b>WOD BOX</b> JUMPING vs CROSSFIT MARIA & BRETT	<b>WOD BOX</b> JUMPING vs CROSSFIT MARIA & BRETT
12.00-12.50 SPORTZONE		<b>STRENGTH TRAINING INTRO</b> FITNESSCENTER 12.00 HENRIK & LOUISE	<b>AERIAL YOGA</b> DOROTA YOGA SHALA 12.00	<b>BALLANCE</b> DOROTA YOGA SHALA 12.00	<b>DANCE SCHOOL LATIN</b> DOROTA	<b>LEGS &amp; GLUTES</b> BRETT & LOUISE	<b>WOD BOX 12.00 JUMPING vs CROSSFIT</b> BRETT & AKO	<b>WOD BOX 12.00 KETTLEBELL SCHOOL</b> BRETT & AKO	<b>CROSSFITNESS LEVEL 2</b> BRETT & HENRIK	<b>WOD BOX CROSSFIT &amp; LIFTING</b> AKO & BRETT	<b>DANCE SCHOOL MOVIES &amp; MUSICALS</b> JENNI & MARIA	<b>CROSSFITNESS LEVEL 2</b> BRETT & HENRIK	<b>CROSSFITNESS LEVEL 2</b> BRETT & HENRIK	<b>ABS &amp; CORE</b> BRETT & LOUISE
12.00-12.50 YOGA SHALA				<b>WOD BOX 12.00 LIFTING SCHOOL</b> BRETT	<b>AERIAL YOGA</b> DOROTA & SOFIA	<b>EASY YOGA</b> LOUISE & SOFIA	<b>BALLANCE</b> DOROTA	<b>DANCE SCHOOL SALSA</b> JENNI	<b>AERIAL YOGA</b> DOROTA & JENNI			<b>BALLANCE</b> MARIA & DOROTA	<b>AERIAL YOGA</b> DOROTA & JENNI	<b>DEEP DUAL STRETCH</b> HENRIK & MARIA
15.00-15.30 OPEN APARTHOTEL POOL		<b>AQUA SPLASHDANCE</b> LOUISE & HENRIK	<b>AQUA FITNESS</b> DOROTA HENRIK SOFIA	<b>13.00-16.30 EXCURSION</b>	<b>16.15-16.45 IMPORTANT INFOTOUR</b> MEET AT PLAZA RAMBLA	<b>AQUA H.I.T. FITNESS</b> BRETT LOUISE HENRIK	<b>AQUA FIESTA</b> DOROTA LOUISE HENRIK	<b>AQUA FUN</b> PLAYITAS SPORTS TEAM	<b>AQUA SPLASHDANCE</b> JENNI MARIA HENRIK	<b>AQUA FITNESS</b> DORO LOUISE HENRIK	<b>13.00-16.30 EXCURSION</b>	<b>S.U.P. FITNESS SURF CLUB</b> HENRIK	<b>AQUA H.I.T. FITNESS</b> HENRIK BRETT	<b>AQUA FIESTA</b> DOROTA MARIA HENRIK
16.00-16.50 PLAZA RAMBLA	<b>16.15-16.45 IMPORTANT INFOTOUR</b> MEET AT PLAZA RAMBLA	<b>THE RIG 16.00 BUNGEE SUPER FLY</b> DOROTA	<b>STRENGTH TRAINING LEGS &amp; BUM</b> LOUISE	<b>"THE WHITE BEACH"</b> WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	<b>STRENGTH TRAINING SHOULDERS &amp; CHEST</b>	<b>DANCE SCHOOL BACHATA</b> DOROTA	<b>BEACH W.O.D. FOR ALL</b> BRETT & AKO 16.00 AT THE BEACH	<b>16.15-16.45 IMPORTANT INFOTOUR</b> MEET AT PLAZA RAMBLA	<b>PADEL SCHOOL</b> HENRIK	<b>RUNNING SCHOOL 1</b> MADELEN	<b>"THE WHITE BEACH"</b> WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	<b>BOOTCAMP FOR FUN</b> BRETT & MADELEN	<b>RUNNING SCHOOL 2</b> MADELEN	<b>BEACH W.O.D. FOR ALL</b> BRETT & LOUISE 16.00 AT THE BEACH
16.00-16.50 FITNESSCENTER									<b>STRENGTH TRAINING INTRO</b> BRETT	<b>STRENGTH TRAINING LEGS &amp; BUM</b> BRETT		<b>STRENGTH TRAINING SHOULDERS &amp; CHEST</b> HENRIK	<b>STRENGTH TRAINING ABS &amp; BACK</b> BRETT	
17.00-17.45 OPEN SPORTZONE	<b>FITNESS &amp; FUN WELCOME WORKOUT</b>	<b>FITNESS &amp; FUN SUPER CIRCUIT</b>	<b>FITNESS &amp; FUN DANZY vs. ZUMBA</b>	<b>FITNESS &amp; FUN PARTYWORKOUT</b>	<b>FITNESS &amp; FUN SUPER CIRCUIT</b>	<b>FITNESS &amp; FUN DANZY PARTY</b>	<b>FITNESS &amp; FUN 70'S, 80'S &amp; 90'S</b>	<b>FITNESS &amp; FUN SUPER CIRCUIT</b>	<b>FITNESS &amp; FUN TROPICANA</b>	<b>FITNESS &amp; FUN DANZY vs. ZUMBA</b>	<b>FITNESS &amp; FUN PARTYWORKOUT</b>	<b>FITNESS &amp; FUN SUPER CIRCUIT</b>	<b>FITNESS &amp; FUN DANZY PARTY</b>	<b>FITNESS &amp; FUN 70'S, 80'S &amp; 90'S</b>
17.45-18.15 OPEN SPORTZONE	<b>YOGA STRETCH</b> HENRIK	<b>STRETCH &amp; RELAX</b> LOUISE	<b>STRETCH &amp; RELAX</b> DOROTA	<b>STRETCH &amp; RELAX</b> HENRIK & SOFIA	<b>YOGA STRETCH</b> LOUISE	<b>YOGA STRETCH</b> DOROTA	<b>AFTER WORKOUT WITH DRINKS &amp; MUSIC QUIZ</b> PALAPA BAR 18.00-19.15	<b>YOGA STRETCH</b> LOUISE	<b>STRETCH &amp; RELAX</b> HENRIK & JENNI	<b>PADEL PARTY WITH SANGRIA &amp; AMERICANO</b> 18.00 - 19.00 PADEL COURTS	<b>YOGA STRETCH</b> LOUISE	<b>STRETCH &amp; RELAX</b> MARIA	<b>YOGA STRETCH</b> DOROTA & JENNI	<b>AFTER WORKOUT WITH DRINKS &amp; MUSIC QUIZ</b> PALAPA BAR 18.00-19.15
19.30-20.00 PALAPA BAR	<b>WELCOME CAVA &amp; MINGLE</b>	<b>TROPICAL MINGLE</b>	<b>SANGRIA MINGLE</b>	<b>RETRO CAVA &amp; MINGLE</b>	<b>WHITE NIGHT MINGLE DRESS WHITE</b>	<b>BLACK &amp; WHITE GALA MINGLE</b>		<b>WELCOME CAVA &amp; MINGLE</b>	<b>TROPICAL MINGLE</b>		<b>RETRO CAVA &amp; MINGLE</b>	<b>WHITE NIGHT MINGLE DRESS WHITE</b>	<b>BLACK &amp; WHITE GALA MINGLE</b>	
21.30- ENTERTAINMENT	<b>WELCOME PARTY</b> PALAPA BAR	<b>EVENING ENTERTAINMENT</b>	<b>LIVE MUSIC LA BODEGA</b>	<b>RETRO PARTY</b> PALAPA BAR	<b>WHITE PARTY</b> WITH SALSA PALAPA BAR	<b>BLACK &amp; WHITE PARTY</b> PALAPA BAR	<b>EVENING ENTERTAINMENT</b>	<b>WELCOME PARTY</b> PALAPA BAR	<b>TROPICAL PARTY</b> PALAPA BAR	<b>LIVE MUSIC LA BODEGA</b>	<b>RETRO PARTY</b> PALAPA BAR	<b>WHITE PARTY</b> WITH SALSA PALAPA BAR	<b>GALA PARTY</b> PALAPA BAR	<b>FAREWELL PARTY</b> PALAPA BAR

