



# FITNESS & FUNWEEK

**AerobicWeekends**  
SWEDEN



**play itas**

**apollo sports**

**FORMAKROPPEN**  
Kraft & Kunskap till en bättre livsstil

**AKTIVSENIOR**

**ATLETVECKAN**  
FÖR ALLA ÖNSKAN

**EDUCATIONWEEK**  
GROUP FITNESS INSTRUCTORS TRAINING

**get inspired**

PRELIMINARY PROGRAM	MONDAY 24.03	TUESDAY 25.03	WEDNESDAY 26.03	THURSDAY 27.03	FRIDAY 28.03	SATURDAY 29.03	SUNDAY 30.03	MONDAY 31.03	TUESDAY 01.04	WEDNESDAY 02.04	THURSDAY 03.04	FRIDAY 04.04	SATURDAY 05.04	SUNDAY 06.04
07.30-08.00 MEET AT THE SPORT ZONE	 <b>WELCOME TO PLAYITAS &amp; THE 144TH INTERNATIONAL FITNESS &amp; FUNWEEK</b>	QIGONG AT THE BEACH HENRIK	FUNCTIONAL WALK & TALK LOUISE & HENRIK	FUNCTIONAL POWER WALK LOUISE & AMANDA	EASY MORNING RUN OR WALK AMANDA & BRETT	FUNCTIONAL WALK & TALK AMANDA & HENRIK	FUNCTIONAL WALK OR RUN MARIA & AMANDA	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	07.00 MORNING POWERWALK OR RUN GYULA & LOUISE	QIGONG AT THE BEACH HENRIK	EASY MORNING RUN LOUISE & MARIA	EASY MORNING RUN OR WALK AMANDA & BRETT	FUNCTIONAL WALK & TALK AMANDA & HENRIK	FUNCTIONAL WALK OR RUN MARIA & AMANDA
08.00-08.45 OPEN SPORTZONE		MORNING YOGA DOROTA & HENRIK	MORNING YOGA DOROTA & LOUISE	MOVING MEDITATION HENRIK & DOROTA	MORNING YOGA LOUISE & HENRIK	MORNING PILATES MARIA & JENNI	MORNING YOGA LOUISE & DOROTA	CORE & STRETCH HENRIK & JENNI	MORNING YOGA MARIA & LOUISE	MORNING PILATES JENNI & DOROTA	MOVING MEDITATION HENRIK & DOROTA	MORNING YOGA LOUISE & HENRIK	MORNING PILATES MARIA & JENNI	MORNING YOGA LOUISE & DOROTA
10.00-10.50 POOLBAR LOUNGE PALAPA BAR		FIND YOUR "MOVE-TIVATION" DOROTA & HENRIK	HEALTHY BACK HENRIK & LOUISE	SUSTAINABLE HEALTH HENRIK & DOROTA	WEIGHT CONTROL HENRIK & LOUISE	FIND YOUR "MOVE-TIVATION" HENRIK & BRETT	5 ELEMENT TRAINING GYULA & HENRIK	STRENGTH TRAINING THEORY GYULA & BRETT	ECOVERY & RELOAD GYUL HAPPY PELVIS JENNI	HEALTHY BACK GYULA & HENRIK	BREATHING CONTROL JENNI	WEIGHT CONTROL HENRIK & LOUISE	FIND YOUR "MOVE-TIVATION" HENRIK & BRETT	5 ELEMENT TRAINING GYULA & HENRIK
11.00-11.50 OPEN SPORT ZONE		H.I.T. VS. TABATA HENRIK & DOROTA	CORE TRAINING 1 HENRIK FERNANDO	STEP' N FUN TEAM TEACH	PILATES FOR ALL DOROTA & LOUISE	CORE TRAINING 2 HENRIK & PUSP	DRUMZ VS. DANZY TEAM TEACH	H.I.T. VS. TABATA HENRIK & MARIA	DANZY TEAM TEACH	CORE TRAINING 1 HENRIK & LOUISE	FIGHT FIT FOR ALL PUSP BRETT & GYULA	PILATES FOR ALL DOROTA & LOUISE	CORE TRAINING 2 HENRIK & PUSP	FIGHT FIT FOR ALL PUSP GYULA BRETT
11.00-11.50 WOD BOX - THE RIG		THE RIG BUNGEE SUPER FLY DOROTA AMANDA	THE RIG JUMPING FITNESS BRETT & AMANDA	THE RIG KETTLEBELL SCHOOL BRETT & AMANDA	THE RIG JUMPING FITNESS MARIA & BRETT	THE RIG BUNGEE SUPER FLY DOROTA & AMANDA	THE RIG POWER & STRENGTH AMANDA & BRETT	DEFENZO SELF DEFENSE PLAZA RAMBLA 11.00 BRETT & PUSP	WOD BOX VS. CROSSFITTE ARIA BRETT GYULA PUSP	CARDIO W.O.D. GYULA & BRETT	THE RIG KETTLEBELL SCHOOL BRETT & AMANDA	THE RIG JUMPING FITNESS MARIA & BRETT	THE RIG JUMPING FITNESS MARIA & BRETT	THE RIG JUMPING FITNESS MARIA & BRETT
12.00-12.50 SPORTZONE		DANCE SCHOOL SALSA & BACHATA DOROTA	ZUMBA FERNANDO & DORO	CROSSFITNESS LEVEL 3 BRETT & AMANDA	CROSSFITNESS LEVEL 1 HENRIK & BRETT	12.30 WOD BOX CROSSFITNESS & LIFTING GYULA BRETT PUSP	CROSSFITNESS LEVEL 1 GYULA PUSP BRETT	CROSSFITNESS LEVEL 2 GYULA PUSP BRETT	12.30 WOD BOX CARDIO W.O.D. GYULA BRETT PUSP	CROSSFITNESS LEVEL 3 GYULA PUSP BRETT	POWER STEP FOR ALL MARIA LOUISE HENRIK	GYMNASTIC MOVES FOR ALL HENRIK & BRETT	12.30 WOD BOX CROSSFITNESS & LIFTING GYULA BRETT PUSP	CROSSFITNESS LEVEL 1 GYULA PUSP BRETT
12.00-12.50 YOGA SHALA		ACTIVE SENIORS STRONG LEGS LOUISE	ACTIVE SENIORS EASY YOGA LOUISE	BALLANCE DOROTA & AMANDA	DANCE SCHOOL SALSA DOROTA JENNI	AERIAL YOGA DOROTA LOUISE	BALLANCE MARIA & DOROTA	YOGA FLOW SOPHEE	ACTIVE SENIORS YOGA MARIA	DANCE SCHOOL MOVIES & MUSICALS JENNI & MARIA	BALLANCE DOROTA & AMANDA	DANCE SCHOOL SALSA DOROTA JENNI	AERIAL YOGA DOROTA LOUISE	AQUA H.I.T. FITNESS DOROTA LOUISE
15.00-15.30 OPEN APARTHOTEL POOL		AQUA FITNESS DOROTA & HENRIK	AQUA FIESTA FERNANDO DOROTA	AQUA FITNESS DORO LOUISE HENRIK	S.U.P. FITNESS BEACH HENRIK & INGO	AQUA H.I.T. FITNESS HENRIK DORO LOUISE	AQUA SPLASHDANCE MARIA DORO HENRIK	S.U.P. FITNESS BEACH INGO	AQUA H.I.T. FITNESS HENRIK BRETT LOUISE	AQUA FIESTA MARIA HENRIK LOUISE	 <b>"THE WHITE BEACH"</b> WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	S.U.P. FITNESS BEACH HENRIK & INGO	AQUA H.I.T. FITNESS HENRIK DORO LOUISE	AQUA SPLASHDANCE MARIA DORO HENRIK
16.00-16.50 PLAZA RAMBLA		RUNNING SCHOOL LOUISE	DANCE SCHOOL LATIN FERNANDO	TABATA AMANDA & LOUISE	BEACH W.O.D. FOR ALL AMANDA & BRETT AT THE BEACH	DANCE SCHOOL LATIN DANCE FERNANDO JENNI DOROTA	DANCE SCHOOL JENNI & JENNI MARIA AMANDA BRETT IK	15.00 CYCLING TERRACE RYTM CYCLING JENNI MARIA AMANDA BRETT IK	BASIC AEROBICS MARIA & HENRIK	DANCE SCHOOL SHOW JAZZ MARIA & JENNI		RUNNING SCHOOL LOUISE & AMANDA	DANCE SCHOOL LATIN DANCE FERNANDO JENNI DOROTA	BEACH W.O.D. FOR ALL GYULA PUSP LOUISE AT THE BEACH
16.00-16.50 MEET AT PLAZA RAMBLA		BOOTCAMP FOR FUN LOUISE & PUSP	TABATA AMANDA & LOUISE	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	DEFENZO SELF DEFENSE AMANDA & PUSP	BOOTCAMP FOR FUN LOUISE & ISABELLE	BOOTCAMP FOR FUN LOUISE & PUSP	RUNNING SCHOOL LOUISE & PUSP	STRENGTH TRAINING CHEST & BACK LOUISE & PUSP	STRENGTH TRAINING CHEST & BACK BRETT		STRENGTH TRAINING HEALTHY BACK GYULA	STRENGTH TRAINING VTR0 LOUISE & AMAND	STRENGTH TRAINING INTRO GYULA
16.00-16.50 FITNESSCENTER	STRENGTH TRAINING INTRO GYULA	STRENGTH TRAINING VTR0 LOUISE & AMAND	PADEL SCHOOL HENRIK	IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	FITNESS TRAINING LEG & GLUTES GYULA	STRENGTH TRAINING CHEST & BACK GYULA	STRENGTH TRAINING CHEST & BACK BRETT	STRENGTH TRAINING CHEST & BACK BRETT	STRENGTH TRAINING HEALTHY BACK GYULA	STRENGTH TRAINING VTR0 LOUISE & AMAND		STRENGTH TRAINING INTRO GYULA	STRENGTH TRAINING INTRO GYULA	FITNESS TRAINING LEG & GLUTES GYULA
17.00-17.45 OPEN SPORT ZONE	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S,80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN TROPICANA	FITNESS & FUN DANZY VS. ZUMBA	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70'S,80'S & 90'S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN TROPICANA	FITNESS & FUN DANZY VS. ZUMBA
17.45-18.15 OPEN SPORT ZONE	YOGA STRETCH DOROTA & HENRIK	STRETCH & RELAX HENRIK & AMANDA	STRETCH & RELAX LOUISE & AMANDA	YOGA STRETCH JENNI	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ PALAPA BAR 18.00-19.15	STRETCH & RELAX HENRIK & JENNI	YOGA STRETCH JENNI & AMANDA	YOGA STRETCH JENNI & AMAN	PADEL PARTY WITH SANGRIA, MUSIC & AMERICANO 18.00-19.15 PANORAMIC PADEL COURTS	YOGA STRETCH LOUISE & JENNI	STRETCH & RELAX HENRIK	STRETCH & RELAX HENRIK & MARIA	STRETCH & RELAX HENRIK & JENNI	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ PALAPA BAR 18.00-19.15
19.30-20.00 PALAPA BAR	WELCOME CAVA & MEET & GREET	WHITE NIGHT MINGLE DRESS WHITE	BLACK & WHITE GALA MINGLE	BLACK & WHITE GALA MINGLE	WELCOME PARTY PALAPA BAR	TROPICAL MINGLE	MEET & GREET CAVA & MINGLE	RETRO PARTY CAVA & MINGI	18.00-19.15 PANORAMIC PADEL COURTS	BLACK & WHITE GALA MINGLE	BLACK & WHITE GALA MINGLE	WELCOME CAVA & MINGLE	TROPICAL MINGLE	WELCOME PARTY PALAPA BAR
21.30- ENTERTAINMENT	EVENING ENTERTAINMENT	WHITE PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR FR 22.00	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	TROPICANA PARTY PALAPA BAR	LIVE MUSIC LA BODEGA	RETRO PARTY PALAPA BAR	WHITE PARTY WITH SALSA PALAPA BAR	BLACK & WHITE PARTY PALAPA BAR FR 22.00	FAREWELL PARTY PALAPA BAR	WELCOME PARTY PALAPA BAR	TROPICANA PARTY PALAPA BAR	LIVE MUSIC LA BODEGA

INTERNATIONAL PRESENTER TEAM

