

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

04.07-11.07 2024 PROFITNESSWEEKS.COM FEAT. LOUISE HANSEN DENMARK & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	THURSDAY 04.07	FRIDAY 05.07	SATURDAY 06.07	SUNDAY 07.07	MONDAY 08.07	TUESDAY 09.07	WEDNESDAY 10.07	THURSDAY 11.07
08.15-09.00 SPORTS AREA	MORNING YOGA LOUISE	CORE & STRETCH LOUISE	MORNING YOGA LOUISE	MORNING RUN LOUISE	MORNING YOGA SPORTS TEAM	CORE & STRETCH LOUISE	MORNING RUN LOUISE	MORNING YOGA LOUISE
10.15-11.00 SPORTS AREA	BODY TONING LOUISE	LEGS & GLUTES LOUISE	CROSS FITNESS LOUISE	ABS & CORE TRAINING LOUISE	BODY TONING LOUISE	LEGS & GLUTES LOUISE	CROSS FITNESS LOUISE	BODY TONING LOUISE
11.15-11.45 MAIN POOL	AQUA GYM WITH DUMBBELLS SPORTS TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM HIT INTERVALS LOUISE	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	FOAM PARTY	AQUA SPINNING SPORTS TEAM	AQUA GYM WITH DUMBBELLS SPORTS TEAM
16.15-17.00 SPORTS AREA	CROSS FITNESS LOUISE	HIT vs. TABATA LOUISE	AQUA SPINNING SPORTS TEAM MAIN POOL	YOGA STRETCH LOUISE	CROSS FITNESS LOUISE	HIT vs. TABATA LOUISE	YOGA STRETCH LOUISE	CROSS FITNESS SPORTS TEAM



LOUISE HANSEN - DENMARK

International fitness presenter
Personal trainer
Group exercise instructor
Crossfit specialist
Running Coach
Master's degree in public health science



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

