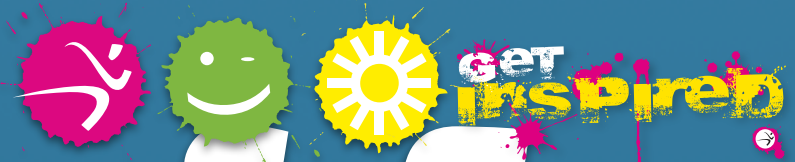


GÜRAL PREMIER BELEK PRESENTS

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# Fitness & Fun

07.07-14.07 2024

FEAT. MALENA KINDGREN SWEDEN & LOUISE HANSEN DENMARK & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	SUNDAY 07.07	MONDAY 08.07	TUESDAY 09.07	WEDNESDAY 10.07	THURSDAY 11.07	FRIDAY 12.07	SATURDAY 13.07	SUNDAY 14.07
08.15-09.00 SPORTS AREA	MORNING YOGA MALENA	VINYASA YOGA SPORTS TEAM	MORNING YOGA MALENA	HATHA YOGA SPORTS TEAM	MORNING YOGA MALENA	MORNING RUN LOUISE	MORNING YOGA LOUISE	MORNING YOGA LOUISE
10.15-11.00 SPORTS AREA	ZUMBA FITNESS SPORTS TEAM	CORE & BOOTY WORKOUT MALENA	ZUMBA FITNESS SPORTS TEAM	TABATA WORKOUT MALENA	ABS WORKOUT SPORTS TEAM	FITNESS YOGA LOUISE	ABS & CORE TRAINING LOUISE	CROSS FITNESS LOUISE
11.15-11.45 MAIN POOL	AQUA FITNESS & FUN MALENA	AQUA ZUMBA SPORTS TEAM	AQUA SPLASH DANCE MALENA	AQUA ZUMBA SPORTS TEAM	AQUA FITNESS & FUN MALENA	AQUA GYM DUMBBELL SPORTS TEAM	AQUA ZUMBA SPORTS TEAM	AQUA HIT LOUISE
16.15-17.00 FITNESS CENTER	ABS WORKOUT SPORTS TEAM	AQUA SPINNING 15.30 IN THE MAIN POOL	FOAM PARTY	PILATES SPORTS TEAM	ZUMBA FITNESS SPORTS TEAM	AQUA SPINNING 15.30 IN THE MAIN POOL	TABATA SPORTS TEAM	ABS WORKOUT SPORTS TEAM
17.15-18.00 SPORTS AREA	FITNESS & FUN CIRCUIT MALENA	FITNESS & FUN AFRO DANCE MALENA	FITNESS & FUN CIRCUIT MALENA	FITNESS & FUN CORE MALENA		FITNESS & FUN BOOTY WORK LOUISE	FITNESS & FUN CIRCUIT LOUISE	



**INTERNATIONAL PRESENTER  
MALENA KINDGREN - SWEDEN**  
International Fitness Presenter.  
Sports Educator.  
Health Ambassador.  
Family Fitness  
Specialized in Functional Fitness, Family Fitness, Core, Aqua, DanZy & more.  
Long time member of the AerobicWeekends International Presenter team.  
@malenakindgren



**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."*

**GÜRAL**  
PREMIER HOTELS & RESORTS

**AerobicWeekends**  
SWEDEN

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