

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

12.07-19.07 2024 PROFITNESSWEEKS.COM

FEAT. MALENA KINDGREN SWEDEN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	FRIDAY 12.07	SATURDAY 13.07	SUNDAY 14.07	MONDAY 15.07	TUESDAY 16.07	WEDNESDAY 17.07	THURSDAY 18.07	FRIDAY 19.07
08.15-09.00 SPORTS AREA	MORNING EXERCISE SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING EXERCISE SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING YOGA MALENA	MORNING YOGA SPORTS TEAM	MORNING YOGA MALENA	MORNING EXERCISE SPORTS TEAM
10.15-11.00 SPORTS AREA	CORE & BOOTY WORKOUT MALENA	JUMPING VS CROSS FITNESS MALENA	FITNESS YOGA MALENA	CORE & BOOTY WORKOUT MALENA	JUMPING VS CROSS FITNESS MALENA	LEGS & GLUTES MALENA	AFRO DANCE MALENA	DANZY PARTY MALENA
11.15-11.45 MAIN POOL	AQUA SPLASH DANCE MALENA	AQUA GYM WITH DUMBBELLS SPORTS TEAM	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA FITNESS & FUN MALENA WITH TEAM	FOAM PARTY	AQUA SPINNING SPORTS TEAM	AQUA GYM WITH DUMBBELLS SPORTS TEAM	AQUA SPLASH DANCE MALENA
16.15-17.00 SPORTS AREA	TABATA SPORTS TEAM	AQUA SPINNING SPORTS TEAM MAIN POOL	STRETCHING SPORTS TEAM	CROSS FITNESS SPORTS TEAM	TABATA SPORTS TEAM	STRETCHING SPORTS TEAM	CROSS FITNESS SPORTS TEAM	TABATA SPORTS TEAM
17.15-18.00 SPORTS AREA	FITNESS & FUN DANZY PARTY MALENA	FITNESS & FUN CIRCUIT MALENA	FITNESS & FUN AFRO DANCE MALENA	FITNESS & FUN CIRCUIT MALENA	FITNESS & FUN DANZY PARTY MALENA	FITNESS & FUN CIRCUIT MALENA	FITNESS & FUN BOOTY WORK MALENA	FITNESS & FUN CIRCUIT MALENA



**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



"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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