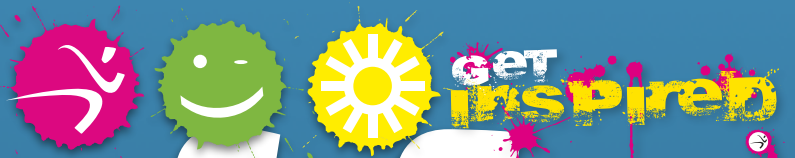


GÜRAL PREMIER BELEK PRESENTS



Fitness & Fun

15.07-21.07 2024 PROFITNESSWEEKS.COM FEAT. MARIA WOLFHAGEN SWEDEN & THE GÜRAL SPORTS TEAM

	MONDAY 15.07	TUESDAY 16.07	WEDNESDAY 17.07	THURSDAY 18.07	FRIDAY 19.07	SATURDAY 20.07	SUNDAY 21.07
08.15-09.00 SPORTS AREA	ABS WORKOUT SPORTS TEAM	VINYASA YOGA SPORTS TEAM	MORNING PILATES MARIA	VINYASA YOGA SPORTS TEAM	MORNING YOGA MARIA	MORNING PILATES MARIA	MORNING YOGA MARIA
10.15-11.00 SPORTS AREA OR FITNESS CENTER	HEALTHY BACK BALLANCE MARIA	JUMPING FITNESS & FUN MARIA	ZUMBA vs. DANZY FITNESS MARIA	HEALTHY BACK BALLANCE MARIA	STEP AEROBICS MARIA	AFRO DANCE MARIA	ZUMBA WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA ZUMBA SPORTS TEAM	AQUA SPLASH DANCE MARIA WITH TEAM	AQUA ZUMBA SPORTS TEAM	AQUA SPLASH DANCE MARIA WITH TEAM	AQUA GYM NOODLES SPORTS TEAM	AQUA ZUMBA SPORTS TEAM	AQUA SPLASH DANCE MARIA WITH TEAM
16.15-17.00 SPORTS AREA OR FITNESS CENTER	AQUA SPINNING 15.30 IN THE MAIN POOL	FOAM PARTY	TABATA WORKOUT SPORTS TEAM	ZUMBA FITNESS SPORTS TEAM	AQUA SPINNING 15.30 IN THE MAIN POOL	TABATA WORKOUT SPORTS TEAM	ABS WORKOUT SPORTS TEAM
17.15-18.00 SPORTS AREA	JUMPING FITNESS & FUN MARIA	STEP AEROBICS FITNESS & FUN MARIA	HEALTHY BACK BALLANCE MARIA	DANZY vs DRUMZ FITNESS & FUN MARIA	SHOW JAZZ FITNESS & FUN MARIA	JUMPING FITNESS & FUN MARIA	HEALTHY BACK BALLANCE MARIA



**INTERNATIONAL PRESENTER
MARIA WOLFHAGEN -
SWEDEN**
International presenter.
Background from
dance - jazz, modern & ballet.
Specialized in dance classes -
Certified instructor in
Groupexercise, DanZy, Jumping
Fitness, Pilates, Yoga,
BALLance, Zumba & more
Member of the
AerobicWeekends International
Presenter team.



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