

GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

22.07-28.07 2024 PROFITNESSWEEKS.COM FEAT. MARIA WOLFHAGEN SWEDEN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 22.07	TUESDAY 23.07	WEDNESDAY 24.07	THURSDAY 25.07	FRIDAY 26.07	SATURDAY 27.07	SUNDAY 28.07
08.15-09.00 SPORTS AREA	MORNING YOGA SPORTS TEAM	MORNING YOGA MARIA	MORNING YOGA SPORTS TEAM	MORNING PILATES MARIA	MORNING EXERCISE SPORTS TEAM	MORNING YOGA SPORTS TEAM	MORNING PILATES MARIA
10.15-11.00 SPORTS AREA	ZUMBA VS DANZY FITNESS MARIA	PILATES FOR ALL MARIA	JUMPING FITNESS & FUN MARIA	YOGA SPORTS TEAM	JUMPING FITNESS & FUN MARIA	PILATES FOR ALL MARIA	ZUMBA VS DANZY FITNESS MARIA
11.15-11.45 MAIN POOL	AQUA SPLASH DANCE MARIA	FOAM PARTY	AQUA SPINNING SPORTS TEAM	AQUA FITNESS & FUN MARIA	AQUA GYM WITH NOODLES SPORTS TEAM	AQUA SPLASH DANCE MARIA	AQUA GYM WITH NOODLES SPORTS TEAM
16.15-17.00 SPORTS AREA	CROSS FITNESS SPORTS TEAM	TABATA WORKOUT SPORTS TEAM	STRETCHING SPORTS TEAM	CROSS FITNESS SPORTS TEAM	TABATA WORKOUT SPORTS TEAM	AQUA SPINNING SPORTS TEAM IN THE MAIN POOL	STRETCHING SPORTS TEAM
17.15-18.00 SPORTS AREA	JUMPING FITNESS & FUN MARIA	STEP AEROBICS FITNESS & FUN MARIA	HEALTHY BACK BALLANCE MARIA	DRUMZ FITNESS 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 vacation. All you have to do is join us and we will help you improve your fitness."