

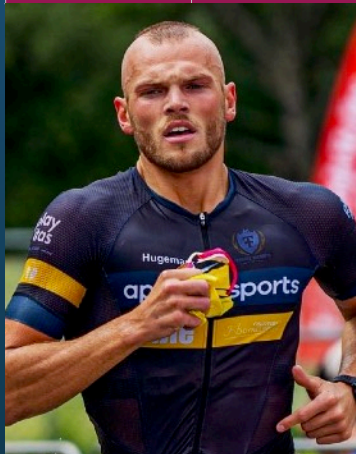
GÜRAL PREMIER TEKIROVA PRESENTS



Fitness & Fun

05.08-11.08 2024 PROFITNESSWEEKS.COM FEAT. JONATAN HUGEMARK SWEDEN & THE GÜRAL SPORTS TEAM

IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER	MONDAY 05.08	TUESDAY 06.08	WEDNESDAY 07.08	THURSDAY 08.08	FRIDAY 09.08	SATURDAY 10.08	SUNDAY 11.08
08.15-09.00 SPORTS AREA	MORNING STRETCH & SWIM JONATAN	MORNING YOGA SPORTS TEAM	MORNING STRETCH & SWIM JONATAN	MORNING YOGA SPORTS TEAM	MORNING STRETCH & SWIM JONATAN	MORNING YOGA SPORTS TEAM	MORNING EXERCISE SPORTS TEAM
10.15-11.00 SPORTS AREA	CROSS FITNESS JONATAN	CORE TRAINING JONATAN	CROSS FITNESS JONATAN	PELVIC MUSCLES WORK SPORTS TEAM	CROSS FITNESS JONATAN	CORE TRAINING JONATAN	BOOTY WORKOUT SPORTS TEAM
11.15-11.45 MAIN POOL	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	FOAM PARTY	AQUA SPINNING SPORTS TEAM	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM NOODLES SPORTS TEAM	AQUA FITNESS WITH SWIMMING SCHOOL JONATAN	AQUA GYM DUMBBELL SPORTS TEAM
16.15-17.00 SPORTS AREA	CROSSFITNESS SPORTS TEAM	TABATA SPORTS TEAM	SWIMMING SCHOOL JONATAN IN THE MAIN POOL	CROSSFITNESS SPORTS TEAM	TABATA SPORTS TEAM	AQUA SPINNING SPORTS TEAM IN THE MAIN POOL	STRETCHING SPORTS TEAM
17.15-18.00 SPORTS AREA	SWIM'RUN FOR FUN JONATAN <small>MEET AT SPORTS AREA</small>	HIT WORKOUT JONATAN	HEALTHY BACK SPORTS TEAM	SWIM'RUN FOR FUN JONATAN <small>MEET AT SPORTS AREA</small>	HIT WORKOUT JONATAN	CROSS FITNESS SPORTS TEAM	



JONATAN HUGEMARK - SWEDEN

Certified Personal Trainer & Coach Professional Athlete with expertise in Fitness, Running, Bootcamp & Strength Training. Hyrox specialist & champion @jonatanhugemark



"The key to success 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."

GÜRAL
PREMIER HOTELS & RESORTS

AerobicWeekends
SWEDEN



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