

GÜRAL PREMIER BELEK PRESENTS



Fitness & Fun

24.08-02.09 2024 PROFITNESSWEEKS.COM FEAT. RACHEL HOLMES GREAT BRITAIN & THE GÜRAL SPORTS TEAM

| IF IT IS TOO HOT TO BE OUTSIDE, THE CLASS WILL BE HELD IN THE FITNESS CENTER | MONDAY 26.08 | TUESDAY 27.08 | WEDNESDAY 28.08 | THURSDAY 29.08 | FRIDAY 30.08 | SATURDAY 31.08 | SUNDAY 01.09 |
|--|---|--|-----------------------------------|---------------------------------------|---|---|---|
| 08.15-09.00 SPORTS AREA | ABS WORKOUT SPORTS TEAM | VINYASA YOGA SPORTS TEAM | MOVING MEDITATION RACHEL | MORNING PILATES RACHEL | HATHA YOGA SPORTS TEAM | MOVING MEDITATION RACHEL | MORNING PILATES RACHEL |
| 10.15-11.00 SPORTS AREA OR FITNESS CENTER | TABATA WORKOUT SPORTS TEAM | ZUMBA FITNESS SPORTS TEAM | FITNESS PILATES RACHEL | ABS WORKOUT SPORTS TEAM | HEALTHY BACK RACHEL | STRETCHING SPORTS TEAM | ZUMBA FITNESS SPORTS TEAM |
| 11.15-11.45 MAIN POOL | AQUA ZUMBA SPORTS TEAM | AQUA FITNESS & FUN RACHEL | AQUA ZUMBA SPORTS TEAM | AQUA FITNESS & FUN RACHEL | AQUA GYM DUMBBELL SPORTS TEAM | AQUA FITNESS & FUN RACHEL | AQUA GYM NOODLES SPORTS TEAM |
| 16.15-17.00 SPORTS AREA OR FITNESS CENTER | 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 OR FITNESS CENTER | | FITNESS & FUN STEP AEROBICS RACHEL | FITNESS & FUN TABATA RACHEL | FITNESS & FUN BOOTY WORK RACHEL | FITNESS & FUN STEP AEROBICS RACHEL | FITNESS & FUN CORE WORKOUT RACHEL | FITNESS & FUN H.I.T. WORKOUT RACHEL |



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"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."