



PROMOTION EDITION Fitness Week™

12TH-19TH OF DECEMBER 2019
LA PALMA PRINCESS

LA PALMA & TENEGUÍA PRINCESS
VITAL & FITNESS

AerobicWeekends
SWEDEN

TravelCo Nordic

Solresor

Bravo Tours

Solia

AKTIVSENIOR

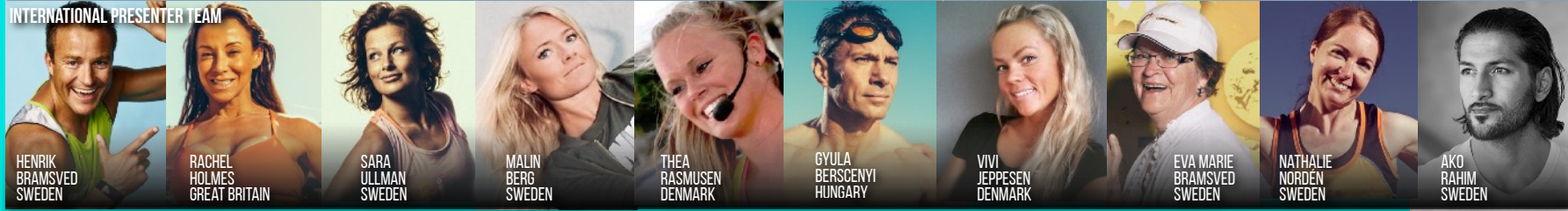
ATLETVECKAN

EDUCATION WEEK
GROUP FITNESS INSTRUCTORS TRAINING



Preliminary program	THURSDAY 12 DECEMBER	FRIDAY 13 DECEMBER	SATURDAY 14 DECEMBER	SUNDAY 15 DECEMBER	MONDAY 16 DECEMBER	TUESDAY 17 DECEMBER	WEDNESDAY 18 DECEMBER
08.00-08.45 SPORTS AREA 1	MORNING YOGA MALIN	MORNING PILATES SARA	MORNING YOGA MALIN	MOVING MEDITATION RACHEL	MORNING CORE & STRETCH HENRIK	MORNING PILATES RACHEL	MORNING YOGA MALIN
08.00-08.30 MEET AT SPORTS AREA 1	MORNING WALK THEA	MORNING WALK-RUN EVA MARIE H-O & GYULA	SUNRISE MOUNTAIN WALK WITH QIGONG 07.00	MORNING SWIM AT THE POOL GYULA	MORNING WALK-RUN EVA MARIE H-O & GYULA	FUNCTIONAL WALK HENRIK & THEA	MORNING CARDIO AKO & GYULA
10.00-10.50 SEMINAR ROOM	BACK 2 BASICS FITNESS HENRIK	EXERCISE & RECREATION? GYULA & HENRIK	HEALTHY BACK HENRIK & GYULA	BASIC NUTRITION & BALANCE HENRIK	HOW TO BUILD MUSCLES AKO & GYULA	FIND YOUR MOTIVATION! MALIN	CARDIO TRAINING THEORY HENRIK
10.00-10.50 ACTIVITY AREA	INNER STRENGTH MALIN	EASY DANCE MOVES SARA	CHAIR DANCE SARA	SHOW JAZZ SARA	DANCE AEROBICS SARA	FUNKY HOUSE MOVES THEA	AFROBEAT SARA & MALIN
11.00-11.50 SPORTS AREA 1	H.I.T. WORKOUT HENRIK	CORE TRAINING 1 HENRIK & NATALIE	POWER STEP RACHEL & HENRIK	DANZY VS. ZUMBA TEAM TEACH	STEP FOR ALL RACHEL HENRIK	H.I.T. WORKOUT HENRIK, RACHEL	H.I.T. VS TABATA HENRIK & THEA
11.00-11.50 FITNESS CENTER		XCORD INTRO GYULA & NATALIE	LIFTING SCHOOL 1 AKO	XCORD vs. BOXING NATALIE & AKO	XCORD vs. LIFTING NATALIE, AKO	LIFTING SCHOOL 2 AKO	XCORD STRENGTH NATALIE
11.00-11.50 ACTIVITY AREA	ACTIVE SENIORS CARDIO THEA	ACTIVE SENIORS EXCURSION EVA-MARIE & H-O	ACTIVE SENIORS HEALTHY BACK GYULA & HENRIK	ACTIVE SENIORS ADVENTURE WALK EVA-MARIE	MOUNTAINBIKE TOUR 11.00-13.00 NATALIE & GYULA	ACTIVE SENIORS BALANCE THEA	ACTIVE SENIORS SALSA SARA
12.00-12.50 SPORTS AREA 1	CORE & STRETCH RACHEL	AFRO DANCE THEA & SARA	EASY YOGA MOVES MALIN	GYMPA FOR FUN HENRIK	DEEP DUAL STRETCH HENRIK & MALIN	DRUMZ WORKOUT SARA	RAGGA DANCEHALL THEA
12.00-12.50 ACTIVITY AREA	CROSSFITNESS WOD HENRIK	CROSSFITNESS INTRO GYULA & AKO	CROSSFITNESS LEVEL1 GYULA, AKO & NATALIE	CROSSFITNESS LEVEL2 GYULA & GYULA	CROSSFITNESS WOD VIVI	CROSSFITNESS LEVEL3 GYULA & AKO	STABILITY GYULA
15.15-15.45 ACTIVITY POOL	AQUA PILATES RACHEL	AQUA SPLASHDANCE HENRIK, SARA & THEA	AQUA FITNESS THEA & RACHEL	AQUA H.I.T. FITNESS RACHEL, HENRIK	AQUA DANZY SARA, HENRIK & THEA	AQUA PILATES RACHEL	AQUA FITNESS THEA & HENRIK
15.00-15.50 SPORTS AREA 1	HEALTHY BACK HENRIK	LATIN DANCE MIX SARA & THEA	DRUMZ WORKOUT SARA	FITNESS PILATES RACHEL	STREET JAZZ VIVI	POWER STEP HENRIK	STEP LEVEL 2-3 HENRIK
16.00-16.50 ACTIVITY AREA	BASIC STEP HENRIK & RACHEL	BASIC AEROBICS HENRIK & RACHEL	FIGHTING FYS AKO & GYULA	BOOTCAMP FOR FUN GYULA & HENRIK	RUNNING SCHOOL 1 NATALIE	LATINO AEROBICS SARA & VIVI	RUNNING SCHOOL 2 NATALIE
16.00-16.50 FITNESS CENTER		STRENGTH TRAINING INTRO GYULA & NATALIE	STRENGTH TRAINING INTRO NATALIE	STRENGTH TRAINING AKO	STRENGTH TRAINING ACTIVESENIORS HENRIK	STRENGTH TRAINING AKO	ATHLETIC LIFTING MAX 10P GYULA
17.00-17.45 SPORTS AREA 1	FITNESS & FUN WELCOME!	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN 70° S,80° S & 90° S	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN BLACK & WHITE GALA
17.45-18.15 SPORTS AREA 1	IMPORTANT INFOTOUR 18.30	STRETCH & RELAX SARA	SWIMRUN FOR FUN 17.00 BEACH BAR	YOGA STRETCH MALIN	STRETCH & RELAX VIVI	STRETCH & RELAX RACHEL	SWIMRUN FOR FUN 17.00 BEACH BAR
19.30-20.00 POOL BAR	WELCOME CAVA & MINGLE	SANGRIA PARTY	WHITE NIGHT MINGLE DRESS WHITE	RETRO MINGLE DRESS CODE RETRO	AFTER WORKOUT BEACH BAR 18.00	BLACK & WHITE GALA MINGLE	BLACK & WHITE GALA MINGLE
21.30- PARTY AREA	WELCOME PARTY POOL BAR	EVENING ENTERTAINMENT	WHITE POOL PARTY	RETRO PARTY	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	BLACK & WHITE PARTY WITH SALSA

INTERNATIONAL PRESENTER TEAM



HENRIK
BRAMSVED
SWEDEN

RACHEL
HOLMES
GREAT BRITAIN

SARA
ULLMAN
SWEDEN

MALIN
BERG
SWEDEN

THEA
RASMUSEN
DENMARK

GYULA
BERSCENYI
HUNGARY

VIVI
JEPPESEN
DENMARK

EVA MARIE
BRAMSVED
SWEDEN

NATHALIE
NORDEN
SWEDEN

AKO
RAHIM
SWEDEN

f INTERNATIONAL FITNESS & FUN WEEKS PLAYITAS
AEROBICWEEKENDS SWEDEN INTERNATIONAL

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#LAPALMAFITNESS #TRAVELCONORDIC

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