WELCOME TO PLAYITAS & THE 140TH

INTERNATIONAL FITNESS & FUNWEEK™

11TH OF MARCH TO THE 24TH OF MARCH 2024

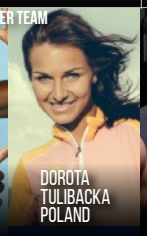
FITNESSFUNWEEKS.COM

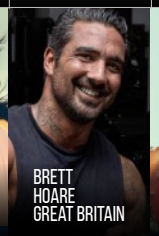
AerobicWeekends SWEDEN · play itas · apollo sports · FORMAKROPPEN Kraft & Kunskap till en bättre livsstil · AKTIVSENIOR · STARKAREVECKAN · EDUCATIONWEEK GROUP FITNESS INSTRUCTORS TRAINING · get inspired

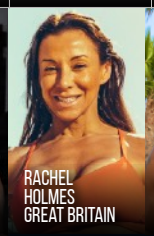
PRELIMINAR PROGRAM	MONDAY 11.03	TUESDAY 12.03	WEDNESDAY 13.03	THURSDAY 14.03	FRIDAY 15.03	SATURDAY 16.03	SUNDAY 17.03	MONDAY 18.03	TUESDAY 19.03	WEDNESDAY 20.03	THURSDAY 21.03	FRIDAY 22.03	SATURDAY 23.03	SUNDAY 24.03
07.30-08.00 MEET AT THE SPORT ZONE	WELCOME TO PLAYITAS & THE 140TH INTERNATIONAL FITNESS & FUNWEEK	FUNCTIONAL WALK & TALK HENRIK & LOUISE	MORNING WALK OR RUN THEA & BRETT	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	MORNING WALK OR RUN BRETT & AMANDA	QIGONG AT THE BEACH HENRIK	FUNCTIONAL POWER WALK THEA & AMANDA	EASY MORNING RUN AMANDA & BRETT	FUNCTIONAL WALK & TALK MARIA & HENRIK	FUNCTIONAL WALK OR RUN MARIA & JENNI	07.00 SUNRISE MOUNTAIN WALK WITH QIGONG	FUNCTIONAL POWERWALK HENRIK & BRETT	QIGONG AT THE BEACH HENRIK	EASY MORNING RUN MARIA & BRETT
08.00-08.45 OPEN SPORTZONE		MORNING YOGA THEA & HENRIK	MORNING YOGA LOUISE & THEA	MORNING PILATES RACHEL	CORE & STRETCH JENNI & HENRIK	MORNING YOGA JENNI & LOUISE	MOVING MEDITATION RACHEL & DOROTA	MORNING YOGA DOROTA & HENRIK	MORNING PILATES RACHEL & JENNI	MORNING YOGA PERNILLA & DOROTA	CORE & STRETCH HENRIK & PERNILLA	MORNING YOGA MARIA & PERNILLA	MORNING PILATES PERNILLA	MOVING MEDITATION HENRIK & DOROTA
10.00-10.50 POOLBAR LOUNGE PALAPA BAR		FIND YOUR "MOVE-TIVATION" HENRIK & BRETT	SUSTAINABLE HEALTH HENRIK & LOUISE	CORE STABILITY THEORY HENRIK & LOUISE	WEIGHT CONTROL RACHEL & JENNI	HEALTHY BACK JENNI & HENRIK	HAPPY PELVIS JENNI & RACHEL	BREATHING CONTROL JENNI	FIND YOUR "MOVE-TIVATION" HENRIK & BRETT	5 ELEMENT TRAINING HENRIK & BRETT	STRENGTH TRAINING THEORY BRETT	WEIGHT CONTROL HENRIK & PERNILLA	HEALTHY BACK BRETT & HENRIK	CARDIO TRAINING THEORY HENRIK & JENNI
11.00-11.50 OPEN SPORT ZONE		CORE TRAINING 1 HENRIK & LOUISE	H.I.T. VS. TABATA HENRIK THEA DOROTA	POWER STEP RACHEL THEA HENRIK	DRUMZ VS. DANZY TEAM TEACH	CORE TRAINING 2 HENRIK LOUISE THEA	DANZY TEAM TEACH	PILATES FOR ALL RACHEL JENNI DOROTA	CORE TRAINING 1 HENRIK & FERNANDO	STEP´N FUN TEAM TEACH	H.I.T. VS TABATA HENRIK & MARIA	DANZY TEAM TEACH	CORE TRAINING 2 HENRIK & PERNILLA	FIGHT FIT FOR ALL BRETT & HENRIK
11.00-11.50 WOD BOX - THE RIG		THE RIG BUNGEE SUPER FLY DOROTA & THEA	THE RIG XCORD•TRX INTRO BRETT & LOUISE	WOD BOX JUMPING FITNESS BRETT & THEA	THE RIG LIFTING SCHOOL BRETT & AMANDA	THE RIG CARDIO W.O.D. BRETT & AMANDA	THE RIG JUMPING FITNESS BRETT & AMANDA	THE RIG KETTLEBELL SCHOOL BRETT & AMANDA	WOD BOX CROSSFITNESS & LIFTING BRETT & AMANDA	THE RIG BUNGEE SUPER FLY DOROTA & RACHEL	THE RIG POWER & STRENGTH AMANDA & BRETT	WOD BOX CARDIO W.O.D. BRETT & AMANDA	WOD BOX JUMPING FITNESS BRETT & MARIA	
12.00-12.50 SPORTZONE		CROSSFITNESS INTRO BRETT & HENRIK	CROSSFITNESS LEVEL 1 BRETT & HENRIK	CROSSFITNESS LEVEL 2 BRETT & HENRIK	DANCE SCHOOL LATIN JENNI MARIA THEA	LEGS & GLUTES BRETT & AMANDA	CROSSFITNESS LEVEL 3 BRETT & AMANDA	GYMNASTIC MOVES FOR ALL HENRIK	CROSSFITNESS INTRO BRETT & HENRIK	DANCE SCHOOL SHOW JAZZ JENNI & MARIA	CROSSFITNESS LEVEL 1 BRETT & HENRIK	DANCE SCHOOL MOVIES & MUSICALS JENNI & MARIA	CROSSFITNESS LEVEL 2 BRETT & HENRIK	ABS & CORE BRETT & HENRIK
12.00-12.50 YOGA SHALA		DANCE SCHOOL SALSA DOROTA	AERIAL YOGA DOROTA & THEA	ACTIVE SENIORS BALLANCE & MOBILITY RACHEL & THEA		ACTIVE SENIORS PILATES RACHEL	ACTIVE SENIORS EASY YOGA LOUISE & THEA	SPIRAL STABILISATION JENNI	DANCE SCHOOL SALSA FERNANDO DOROTA JENNI	AERIAL YOGA DOROTA	ACTIVE SENIORS BALLANCE & MOBILITY PERNILLA		ACTIVE SENIORS YIN YOGA PERNILLA	DEEP DUAL STRETCH PERNILLA
15.00-15.30 APARTHOTEL POOL		AQUA SPLASHDANCE THEA LOUISE DORO HENRIK	AQUA FITNESS LOUISE HENRIK THEA	S.U.P. FITNESS SURF CLUB HENRIK	13.00-16.30 EXCURSION "THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	AQUA H.I.T. FITNESS TEAM TEACH	AQUA FITNESS RACHEL THEA HENRIK	S.U.P. FITNESS SURF CLUB HENRIK	AQUA FIESTA FERNANDO DOROTA	AQUA SPLASHDANCE FERNANDO DORO HENRIK	S.U.P. FITNESS SURF CLUB HENRIK	13.00-16.30 EXCURSION "THE WHITE BEACH" WITH FITNESS & FUN LUNCH & TRANSPORT NOT INCLUDED	AQUA H.I.T. FITNESS HENRIK BRETT	BEACH W.O.D . FOR ALL BRETT & HENRIK AT THE BEACH
16.00-16.50 PLAZA RAMBLA	16.15-16.45 IMPORTANT INFOTOUR MEET AT PLAZA RAMBLA	BOOTCAMP FOR FUN HENRIK & THEA	DANCE SCHOOL FLAMENCO DOROTA	BASIC AEROBICS RACHEL HENRIK THEA		DANCE SCHOOL SHOW JAZZ JENNI	DANCE SCHOOL CHAIR DANCE JENNI RACHEL THEA APARTHOTEL LOUNGE AREA	BOOTCAMP FOR FUN FOR ALL AMANDA & JENNI	RYTM CYCLING BRETT JENNI HENRIK 15.00 CYCLING TERRACE	DANCE SCHOOL REGGAETON FERNANDO & JENNI	BASIC AEROBICS MARIA & HENRIK		DANCE SCHOOL SHOW JAZZ MARIA & PERNILLA	
16.00-16.50 MEEET AT PLAZA RAMBLA		RUNNING SCHOOL 1 LOUISE	PADEL SCHOOL HENRIK	RUNNING SCHOOL 2 LOUISE		FIGHT FIT FOR ALL BRETT & AMANDA	BEACH W.O.D . FOR ALL BRETT & AMANDA AT THE BEACH		MIXED LATIN DANCE FERNANDO & DOROTA	PADEL SCHOOL HENRIK				
16.00-16.50 FITNESSCENTER		STRENGTH TRAINING INTRO BRETT	STRENGTH TRAINING LEGS & BUM BRETT	STRENGTH TRAINING CHEST & BACK BRETT		HEALTHY BACK JENNI & HENRIK		IMPORTANT INFOTOUR 16.15 PLAZA RAMBLA	STRENGTH TRAINING INTRO BRETT	STRENGTH TRAINING LEGS & BUM BRETT	STRENGTH TRAINING CHEST & BACK BRETT		STRENGTH TRAINING HEALTHY BACK HENRIK	FITNESS TRAINING LEG & GLUTES BRETT
17.00-17.45 OPEN SPORT ZONE	FITNESS & FUN WELCOME WORKOUT	FITNESS & FUN 70´S,80´S & 90´S	FITNESS & FUN DANZY VS. ZUMBA	FITNESS & FUN FOR EVERYONE	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN BLACK & WHITE GALA	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN 70´S,80´S & 90´S	FITNESS & FUN DANZY VS ZUMBA	FITNESS & FUN PARTYWORKOUT	FITNESS & FUN SUPER CIRCUIT	FITNESS & FUN DANZY PARTY	FITNESS & FUN BLACK & WHITE GALA
17.45-18.15 OPEN SPORT ZONE	YOGA STRETCH HENRIK	STRETCH & RELAX LOUISE	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ 18.00-19.15 GOLF CLUB	YOGA STRETCH HENRIK & THEA	STRETCH & RELAX RACHEL	PADEL PARTY WITH SANGRIA, MUSIC & AMERICANO 18.00 -19.15 PADEL COURTS	YOGA STRETCH JENNI	STRETCH & RELAX HENRIK	STRETCH & RELAX RACHEL	AFTER WORKOUT WITH DRINKS & MUSIC QUIZ 18.00-19.15 GOLF CLUB	YOGA STRETCH PERNILLA	STRETCH & RELAX MARIA	PADEL PARTY WITH SANGRIA, MUSIC & AMERICANO 18.00 -19.15 PADEL COURTS	STRETCH & RELAX HENRIK
19.30-20.00 PALAPA BAR	WELCOME CAVA & MINGLE	RETRO MINGLE DRESS CODE RETRO		WELCOME CAVA & MINGLE	ROSE & CHILL MINGLE		BLACK & WHITE GALA MINGLE	WHITE NIGHT MINGLE DRESS WHITE	RETRO MINGLE DRESS CODE RETRO		MEET & GREET CAVA & MINGLE	ROSE & CHILL MINGLE		BLACK & WHITE GALA MINGLE
21.30- LATE	WELCOME PARTY WITH SALSA PALAPA BAR	RETRO PARTY PALAPA BAR	EVENING ENTERTAINMENT	WELCOME PARTY PALAPA BAR	SALSA PARTY PALAPA	EVENING ENTERTAINMENT	BLACK & WHITE PARTY PALAPA BAR	WHITE PARTY WITH SALSA PALAPA BAR	RETRO PARTY PALAPA BAR	EVENING ENTERTAINMENT	EVENING ENTERTAINMENT	SALSA PARTY PALAPA	EVENING ENTERTAINMENT	BLACK & WHITE PARTY PALAPA BAR

INTERNATIONAL PRESENTER TEAM

HENRIK BRAMSVED SWEDEN

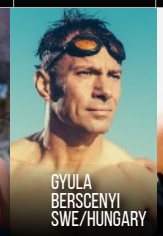

DOROTA TULIBACKA POLAND

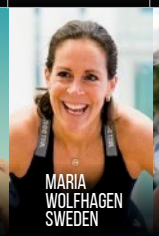

BRETT HOARE GREAT BRITAIN

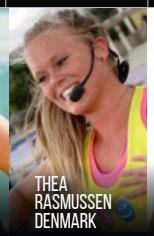

RACHEL HOLMES GREAT BRITAIN

FERNANDO BRITO SWE/CHILE

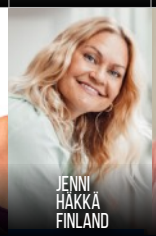
LOUISE HANSEN DENMARK

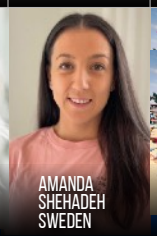

GYULA BERSCENYI SWE/HUNGARY


MARIA WOLFHAGEN SWEDEN


THEA RASMUSSEN DENMARK

PERNILLA LORENZEN SWEDEN


JENNI HÄKKÄ FINLAND


AMANDA SHEHADEH SWEDEN

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