



International Aerobics & Fitness week at Playitas march 2011

	SUNDAY 13 March	MONDAY 14 March	TUESDAY 15 March	WEDNESDAY 16 March	THURSDAY 17 March	FRIDAY 18 March	SATURDAY 19 March	SUNDAY 20 March
08.00 - 08.15 Plaza Rambla	Playitas Sun Salutation* Playitas Sports Team	Playitas Sun Salutation* Playitas Sports Team	Playitas Sun Salutation* Playitas Sports Team	Morning Yoga 30min* Lowe	Playitas Sun Salutation* Playitas Sports Team	Morning Yoga 30min* Lowe	Playitas Sun Salutation* Playitas Sports Team	Playitas Sun Salutation* Playitas Sports Team
08.00 - 08.30 The Beach			Qi Gong Henrik		Qi Gong Henrik		Qi Gong Henrik	
09.30 - 10.55 Seminar Palapa bar		Njut Dig till välbefinnande Marie (in swedish)	Träna funktionellt? Henrik & Gyula (in swedish)	Skönt mått men ändå lätt Marie (in swedish)	Basal kroppskänedom Cecilia (in swedish)	Smarta val i vardagen Marie (in swedish)	Stretch & förebyggande träning Gyula	
10.00 - 10.55 Multi Sports Area 1		Intermediate Step* Rachel	Step Latin* Fernando	Step for Fun* Rachel & Henrik	Intermediate Step* Fernando	Step Latin* Fernando	Zumba Fitness* Fernando	Step* Playitas Sports Team
10.00 - 10.55 Plaza Rambla		Spinning Elin	Spinning Mauricio	Spinning Elin	Spinning Mauricio	Mind Spinning Angelica	Spinning* Mauricio	09.00 Spinning* Playitas Sports Team
11.05 - 12.00 Plaza Rambla		Active Senior Gympa* Lilian	Active Senior Gympa* Lilian	Intermediate Gympa* Åsa	Active Senior Gympa* Lilian		Active Senior Gympa* Lilian	
11.05 - 12.00 Multi Sports Area 1	Kara-T-Robics* Charles	AfroDance Workout* Sara	Kara-T-Robics* Charles	Core Training with Ball* Henrik	Gympa For Fun* Henrik	Core Training with Ball* Henrik & Mauricio	Kara-T-Robics* Charles	Kara-T-Robics* Charles
11.05 - 12.00 Multi Sports Area 2		Core Training Henrik	Pilates Rachel	Box´n Kick Mauricio & Oskar	Advanced Pilates Rachel	Intervall flex Åsa	Pilates Sara	Gympa for Fun* Henrik
12.10 - 13.05 Multi Sports Area 1	Core Training* Rachel	Gympa For Fun* Henrik	AfroDance Workout Sara	Bollywood Aerobics* Rachel	LatinDance Sara	80s Aerobics* Rachel	Disco vs Reggaeton* Henrik & Fernando	HappyYoga* Lowe
12.10 - 13.05 Multi Sports Area 2		DanceAerobics Sara	HappyYoga Lowe	Shiatsu Partner Massage* Lowe	VinyasaYoga Lowe	Shiatsu Partner Massage Lowe	PowerYoga Lowe	Coretraining* Henrik
15.00 - 15.55 Beach Volleyball Court				Beach Volleyball Oskar			Beach Volleyball Oskar	
14.30-15.50 Plaza Rambla meeting point			Nordic Walking Oskar					
15.00 - 15.30 Aparthotel Pool	Aqua Aerobics* Playitas Sports Team	Aqua Seniors* Lilian	Aqua Aerobics Funclass* Charles	Aqua Seniors* Lilian	Aqua Aerobics* Playitas Sports Team	Aqua Seniors* Lilian	Aqua FunClass* Team Teach	Aqua Aerobics* Playitas Sports Team
16.00 - 16.55 Plaza Rambla		Spinning Mauricio	Spinning Elin	Spinning Cecilia	Spinning Elin	Spinning Mauricio	Spinning Elin	Spinning* Playitas Sports Team
16.00 - 16.55 Multi Sports Area 1	Basic Power Step* Rachel	Basic Power Step* Henrik	Salsa* Fernando	Show Dance Sara	Basic Power Step* Rachel	Bollywood Aerobics Sara	Basic Power Step* Rachel	Basic Step* Playitas Sports Team
16.00 - 16.55 Multi Sports Area 2		Circuit Training Rachel	Functional & Athletic Henrik	Boot-Camp for Fun* Rachel & Henrik	Circuit Training Henrik	Boot-Camp for Fun* Henrik & Oskar	Circuit Training Angelica	
17.05 - 18.00 Fitness Centre		Open Fitness training Helene & Gyula	Group Strength Training Gyula	XFitness Gyula		Group Strength Training Gyula		
17.05 - 18.00 Multi Sports Area 1	FunClass - Zumba vs Gympa* Sara, Henrik, Fernando	FunClass - Zumba Fitness* Fernando	FunClass - Chair Dance* Rachel	FunClass - Zumba Fitness* Fernando	FunClass - Afro vs Zumba* Sara & Fernando	FunClass - Piloxing* Sara & Mauricio	FunClass - Farewell workout* Teamteach - all instructors	Hip Hop* Playitas Sports Team
18.00 - 18.30 Multi Sports Area 1	Stretch & Relax* Henrik	Yoga stretch* Lowe	Stretch & Relax* Rachel	Yoga stretch* Lowe	Stretch & Relax* Sara	Yoga stretch* Lowe		
19.30 Evening social meeting point	Welcome drink Palapa bar	Sangria & mingle Hotel Pool area	Chill out Hotel Pool area	Try local wine & cheese Plaza Rambla	Sunset beach Beach	Champagne & mingle Plaza Rambla	Farewell party & dinner Hotel Pool area	
21.30 - 22.30 Evening Entertainment	Evening Entertainment Sports Bar, Plaza Rambla	21.00-23.00 Karaoke Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	Evening Entertainment Sports Bar, Plaza Rambla	21.00-23.00 Karaoke Pool Bar, Aparthotel	Evening Entertainment Sports Bar, Plaza Rambla
22.30 - 01.30 Evening Entertainment	Dance Music Sports Bar, Plaza Rambla	80s-90s Dance Music Sports Bar, Plaza Rambla	Latin Dance Music Sports Bar, Plaza Rambla	Hip Hop R'n'B Dance Music Sports Bar, Plaza Rambla	70s Disco Music Sports Bar, Plaza Rambla	Join The Party Sports Bar, Plaza Rambla	Farewell Party Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla

