







































































Aerobic & Fitness Week 14.09. - 19.09.2020
(Subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:05 – 08:40 Beach Area	WELCOMING & PRESENTER SPECIAL	SUNRISE YOGA Anastasia  	DYNAMIC STRETCH Taras 	GOOD MORNING FLOW Aliya 		
09:00 – 09:55 Small Area	Small Area 09:30 - 10:00	STEP TOP Taras   - 	AERO DANCE Aliya   - 	STEP FUSION Zena   - 	REEBOK Be More Human Aliya 	
10:10 – 11:05 Small Area	BODYFIT INTENSE Marta  	ZUMBA® FITNESS Marta  	HIP HOP Marta  	H.I.I.T. TURBULENCE Taras (45 Min.) 	STEP SYMMETRIC Taras   - 	ZUMBA® FITNESS Marta 
10:10 – 11:05 Fitness First Gym			INTERVAL TRAINING Aliya (30 Min. / FF Gym) 			
11:20 – 12:15 Small Area	RUSSIAN STEP Taras   - 	LST H.I.T Fitz (online) 	BOOTY WORK/STRETCH Anastasia 	YOGA Anastasia  	LST CROSS H.I.T. Fitz (online) 	SUPER SCULPT Aliya  
15:00 - 15:30 Pool Club Side	AQUA ZUMBA® Marta  		AQUA ZUMBA® Marta 		AQUA AEROBIC Aliya & Anastasia  	
16:00 – 16:55 Small Area	STEP WITH LOVE Aliya   - 	FUSION DANCE Aliya   - 	STEP IN STYLE Zena   - 	ADVANCED STEP Zena  	STEP-A-JAM Fitz (online)	STEP TOP Taras   - 
17:10 – 18:05 Small Area	LST B.A.S.E. CLASSIC Fitz (online) 	METABOLIC PUMP Taras 	LST ARMS, BACK & CHEST Fitz (online) 	LST BELOW THE BELT Fitz (online) 	  - 	LST B.A.S.E. CONDITIONING Fitz (online) 
17:10 – 18:05 Beach Area			SUNSET AERO FUNK Zena  			
18:20 - 19:05 Small Area	DYNAMIC STRETCH Taras 	BODY RELAX Aliya 		KamiBo® Michael (online) 		BODY RELAX Anastasia  
EVENING					20:00 GALA DINNER	

Active Holidays - since 1996

PATRICIO TRAVEL

Fitness-Events

Aerobic & Fitness Week 14.09. - 19.09.2020

(Subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYBER CYCLING Fitness First Gym	16:00 - 16:55 Tom	16:00 - 16:55 Tom	16:00 - 16:55 Tom	16:00 - 16:55 Tom	10:00 - 10:55 BEACH SPECIAL Tom - Beach Area	16:00 - 16:55 Tom

Event prices for booking in Ali Bey:

>> 6 days	249 €
>> 5 days	210 €
>> 4 days	199 €
>> 3 days	179 €
>> 2 days	149 €
>> 1 days	109 €
>> class	25 €

LEGEND:



Step Kurse



Body & Mind



Aerobic&Dance



Open for all



Workout & Athletic

CLASS LEVEL:



Beginners



Intermediate



Advanced