

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 08:30 Body & Mind Area	PATRICIO TRAVEL BONUS DAY	PORT DE BRAS Zuzana	MORNING STRETCH Esben	PILATES Zuzana	FLEXIBAR Esben	BODYART PURE® Alina	
09:00 – 09:55 Step & Dance Area	BASIC STEP Zuzana B	SUPER ADVANCED STEP Alexis A	STEP FUN Martial A	ABBA REVIVAL Esben Open for all Ali Bey Guests	STEP FREESTYLE Milan I	T-STEP Luciano A	
09:00 – 09:55 Workout Area	45/15 Taras	KAMIBO® Michael & Alina	SUPER SCULPT Aliya	INTERVAL CIRCUIT Alina	CROSS ALMOST FIT Alexis	HEALTHY BACK Marta	F.I.T. FLOW Faye Open for all Ali Bey Guests
10:10 – 11:05 Step & Dance Area	STEP+ Luciano I	HOUSE M.O.V.E.S Milan	STEP M-STYLE Milan I	STEP SYMMETRICS Alexis I	ZUMBA® FITNESS Martial Open for all Ali Bey Guests	F.I.T. JAM DANCE Faye	BASIC STEP Alexis B
10:10 – 11:05 Workout Area	CLASSICAL BODYSHAPE Esben & Michael	F.I.T. STRENGTH Faye	BOOTY WORKOUT Alina Open for all Ali Bey Guests	FUNCTIONAL WORKOUT Michael	KAMIBO® Alina	BODYFIT Esben	ATHLETIC WORKOUT Michael
11:20 – 12:15 Step & Dance Area	ZUMBA® FITNESS Marta	TRIBAL STEP Martial & Luciano I	AERO ITALY Luciano	SUPER ADVANCED STEP Milan A	SUPER ADVANCED STEP Luciano A	STEP'N'STYLE Martial I	SUPER ADVANCED STEP Taras A
11:20 – 12:15 Workout Area	PLsT BasE RAW Fitzroy	METABOLIC PUMP Taras	CIRCUIT TRAINING Alexis	PLsT BasE ABC Fitzroy	FIT FUN Marta	PUNCH IT WORKOUT Taras	F.I.T. COMBAT Faye
12:20 – 13:00 Workout Area	F.I.T. STRETCH Faye	WORKOUT CHALLENGE Open for all Ali Bey Guests Aliya	BASIC STEP Taras	PAINFREE FASCIA Esben	BAX® Alina	PLsT BasE BELOW THE BELT Fitzroy	TABATA Milan
LUNCH BREAK		WELCOME & MEET THE TEAM WORKOUT AREA 15:15-16:00 GROUP PICTURE - WEAR YOUR FITNESS OUTFIT	AQUA GYM 15:00 -15:30 Aliya / Club Pool Open for all Ali Bey Guests	EXPRESS WORKOUT 15:15 - 15:45 Alexis / Workout Area	BASIC STEP 15:00 - 15:45 Martial / Step & Dance Area B	ENJOY YOUR FREE AFTER-NOON!! WE ARE VERY EXCITED TO WELCOME YOU TONIGHT TO OUR GALA NIGHT. LET'S MAKE IT A NIGHT TO REMEMBER <3	AQUA ZUMBA® 15:00 -15:30 Marta / Club Pool Open for all Ali Bey Guests
16:00 – 16:55 Step & Dance Area	SUPER ADVANCED STEP Aliya A	BASIC STEP Fitzroy B	STEP FUSION Milan I	BASIC STEP Luciano B	STEP DIFFERENT STYLE Alexis I		DANCE AEROBIC Zuzana
16:00 – 16:55 Workout Area	FUNCTIONAL STEP Luciano	STRONG NATION® Marta	PLsT BasE CROSS Fitzroy	H.I.I.T. TURBULENCE PROTOCOL Taras	TOTAL BODY WORKOUT Zuzana		PLsT BasE / LINE DANCE Fitzroy
17:10 – 18:05 Step & Dance Area	STEP FUSION Milan I	DYNAMIC STRETCH Taras	SUPER ADVANCED STEP Martial I	STEP EXPLOSION Zuzana I	LATIN DANCE 17:20 - 18:15 Marta & Aliya / Beach Bar		LYRICAL DANCE 17:15 - 18:00 Martial / Body & Mind Area
17:10 – 18:05 Workout Area	ALI BEY WORKOUT Michael		BEACH BOOT CAMP Michael & Marta / Beach Volleyball Field	F.I.T. COMBAT Faye	F.I.T. BANDS Faye		
18:20 – 19:05 Body & Mind Area	BODYART® Alina	18:45 COME TOGETHER EVENING	PORT DE BRAS Zuzana	AERO DANCE Aliya	YIN YANG FLOW Michael		18:30 - 19:30 SUNSET GROOVES BEACHBAR
EVENING		21:00 WHITE NIGHT PARTY		21:00 BEACH PARTY		19:30 GALA NIGHT	
Cycling / FF Gym		*16:00 – 16:45 FUN Esben	*10:15-11:00 CLIMB Tatiana	*12:15 - 12:45 HIC Fitzroy	*17:15-18:00 INTERVAL Tatiana	*9:00 - 9:45 DIVA MIX Aliya	

Aerobic & Fitness Week

15.09. - 21.09.2024

Willkommen zur Aerobic & Fitness Week im Ali Bey Club Manavgat....

...wir freuen uns sehr, dass Du ein Teil unserer Aerobic & Fitness Week bist. Es erwartet dich ein prall gefülltes Kurs- und Rahmenprogramm.

Tauche ein in die Welt des Ali Bey und lasse dich von der einzigartigen Energie und Gruppendynamik mitreisen.

Das gesamte Team freut sich auf eine tolle Woche mit dir.

Welcome to Aerobic & Fitness Week at Ali Bey Club Manavgat...

...we are very happy that you are part of our Aerobic & Fitness Week. A packed course and supporting program awaits you.

Immerse yourself in the world of Ali Bey and let yourself be transported by the unique energy and group dynamics. The entire team is looking forward to a great week with you.

Dir ist nicht ganz klar, was sich hinter dem Kursnamen verbirgt?

Hier kommst du zu den Kursbeschreibungen der einzelnen Kurse.



You're not entirely sure what's behind the class name?

Here you can find the class descriptions for each individual class.



Entdecke die Vielfalt der Patricio Fitness Events

Mehr Informationen:



Aerobic & Fitness Week



Feel-Good Week



Fiesta Week



Fitzroy | GBR

Taras | RUS

Luciano | ITA

Marta | ESP

Michael | PHL

Milan | SVK

Martial | FRA

Alexis | FRA

Zuzana | CZE

Esben | NOR

Aliya | RUS

Alina | LVA

Faye | GBR