

Aerobic & Fitness Week

14.09. – 20.09.2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 08:30 Body & Mind Area	PATRICIO TRAVEL BONUS DAY	F.I.T FLOW Faye	MORNING STRETCH Esben	YIN YANG SUNRISE Michael	BODYART® WAKEUP Balasz	MORNING FLEXIBAR Balasz	
09:00 – 09:55 Step & Dance Area	BASIC STEP Aliya 	WAKE UP STEP Fares 	AFRICAN STEP Martial 	L-STEP Luciano 	F.I.T JAM DANCE Faye 	STEP FREESTYLE Taras 	
09:00 – 09:55 Workout Area	MOVE! Marta 	STRONG NATION® Marta	SWEAT PRO Aliya	DEFINE & SHINE Esben	BODYFIT Marta	FIT ELEVATION Esben 	F.I.T STRETCH Faye
10:10 – 11:05 Step & Dance Area	STEP PARTY Luciano 	STEP ATTACK Luciano 	STEP THE BEAT Fares 	STEP & SUN Taras 	STEP PROGRESSIVE Fares 	NO LIMITS STEP Fares 	STEPPER-TON Martial 
10:10 – 11:05 Workout Area	FIT FUSION Esben	F.I.T STRENGTH Faye	AGILITY BOOST  Michael	SHAPE UP Marta	SUPER SCULPT Aliya	SCULPTIFY Marta	KAMIBO® Michael
11:20 – 12:15 Step & Dance Area	STREET RAGGA Martial	80'S DIVA DANCE Esben 	DANCE SENSATION Luciano	DANCE 4 ALL Martial 	STEP POWER Martial 	STEP SURPRISE Luciano 	ABBA DANCE Esben 
11:20 – 12:15 Workout Area	PLsT BASE RAW Fitzroy	DEEPWORK® Balasz	PUNCH IT WORKOUT Taras	FIRE CIRCUIT Aliya	F.I.T STRENGTH Faye	PLsT BASE ABC Fitzroy	SPINE ALIGN Aliya
12:30 – 13:00 Workout Area	F.I.T JAM DANCE Faye 	CORE EXPRESS  Marta	BODYART® YIN Balasz	PLsT BASE EXPRESS Fitzroy	HEALTHY BACK Michael	BODYART® Balasz	H.I.I.T Taras
LUNCH BREAK	AQUA ZUMBA® 15:00 – 15:30 Marta Club Pool 	WELCOME & MEET THE TEAM WORKOUT AREA 15:15-16:00 GROUP PICTURE – WEAR YOUR EVENTSHIRT		WATER POWER  15:00 – 15:30 Aliya Club Pool			AQUA FIT  15:00 – 15:30 Aliya Club Pool
16:00 – 16:55 Step & Dance Area	STEP FORCE Fares 	STEP E:MOTION Luciano 	ZUMBA® FITNESS Marta	STEP THE BEAT Fares 	STEP LIKE YOU MEAN IT Fares 	STEP'N'STYLE Martial 	LYRICAL DANCE Martial
16:00 – 16:55 Workout Area	ATHLETIC FLOW Michael	45 / 15 Taras	PLsT BASE CROSS Fitzroy	FUNCTIONAL STEP Luciano	DEEPWORK® Balasz	F.I.T. COMBAT Faye	PLsT BASE BETWEEN THE LINES Fitzroy
17:10 – 18:05 Step & Dance Area	BASIC STEP Taras 	17:10 – 17:50 SUNSET FLOW Michael (Body & Mind Area)	BASIC STEP Fares 	BASIC STEP Martial 	AERO ITALY Luciano	LATIN DANCE  Aliya (Body & Mind Area)	17:30 – 18:15 DYNAMIC STRETCH Taras (Body & Mind Area)
17:10 – 18:05 Workout Area	ALI BEY WORKOUT Michael	18:45 COME TOGETHER EVENING Cocktails & Dinner	F.I.T BANDS Faye	DEEPWORK®  Balasz	PLsT STEP TO THE BASE Fitzroy		
18:20 – 19:05 Body & Mind Area	BODYART® Balasz		DYNAMIC STRETCH Taras	FITNESS PILATES Esben	SUNDOWN RECOVERY Michael		18:30 – 19:30 SUNSET CHILL & BEATS AT THE BEACHBAR
Cycling / FF Gym*	17:00-17:45 PEDAL POWER Aliya		10:15-11:00 PRO CYCLING Tatiana	16:30-17:00 HIC Fitzroy	10:15-11:00 RPM RUSH Tatiana	16:15-17:00 CYCLE BURN Esben	
EVENING	18:45 NEWCOMER WELCOME	21:30 WHITE PARTY		21:30 BEACH NEON PARTY		19:30 GALA DINNER	

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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 feat. Zumba® Fitness

