

Aerobic & Fitness Week

04.05. - 10.05.2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 08:30 Body & Mind Area	PATRICIO TRAVEL BONUS DAY	YIN YANG SUNRISE Michael	YOGA FLOW FUSION  Sava	LES MILLS GRIT CARDIO® Patrik	DAYO Juliana	YOGA THIRD EYE CHAKRA Nataliya	
09:00 – 09:55 Step & Dance Area	STEP AROUND THE WORLD  Aymeric	STEP PARTY  Taras	STEP VIBE  Piero	HIP HOP Marta	STEP FREESTYLE  Aymeric	AERODANCE Carol	
09:00 – 09:55 Workout Area	MUSCLE FIRE CARDIO Juliana	BODYWEIGHT WORKOUT Sava	BODY BOOST CARDIO Michael	FUNCTIONAL CIRCUIT Juliana	ROCK MIX BODYSHAPE Michael	BRAZILIAN BOOTY WORKOUT Juliana	YOGA THIRD EYE CHAKRA Nataliya
10:10 – 11:05 Step & Dance Area	DANCE MADE IN ITALY Piero	AERO DANCE Aymeric	STEP ESPANA  Carol	MY STYLE STEP  Aliya	STEP PROGRESSIVE  Luciano	STEP IT  Aymeric	STEP IT LIKE IT'S HOT  Piero
10:10 – 11:05 Workout Area	BODYFIT  Marta	LES MILLS BODYPUMP® Patrik	BACK & CORE Juliana	FUNCTIONAL STEP Luciano	PLSt BASE CROSS Fitzroy	METABOLIC PUMP Taras	HEALTHY BACK Michael
11:20 – 12:15 Step & Dance Area	STEP+  Luciano	TOWEL STEP  Carol	BASIC STEP  Taras	STEP SURPRISE  Piero	STEP OUT LOUD  Aliya	HOUSE STEP  Piero	STEP EXPLOSION  Aymeric
11:20 – 12:15 Workout Area	45 / 15 Taras	FUNCTIONAL STEP Luciano	FIT FUN Marta	KAMIBO® Michael	STRONG BACK  Sava	ATHLETIC WORKOUT Michael	MOBILITY & RELAX  Juliana
12:30 – 13:00 Workout Area	ROOT CHAKRA Nataliya	BASIC STEP  Marta	PLSt BASE STRENGTH Fitzroy	PORT DE BRAS Sava	GLAMDANCE Carol	LES MILLS GRIT CARDIO® Patrik	BODY SCULPT Luciano
LUNCH BREAK	BASIC STEP  15:00 – 15:45 Aymeric Step & Dance Area	WELCOME & MEET THE TEAM WORKOUT AREA 15:15-16:00 GROUP PICTURE - WEAR YOUR EVENTSHIRT	LES MILLS GRIT ATHLETIC® 15:15 – 15:45 Patrik Workout Area	AQUA ZUMBA®  15:00 – 15:30 Marta Club Pool	BASIC DANCE 15:00 – 15:45 Piero Step & Dance Area	DEEPWORK®  15:00-15:45 Tatiana Workout Area	AQUA FIT  15:00 – 15:30 Aliya Club Pool
16:00 – 16:55 Step & Dance Area	STEP ATTACK  Carol	STEP!!! Fitzroy	SOUL JAZZ Sava	BASIC STEP  Carol	STEP STORM  Taras	ZUMBA® Marta	EXTRAVAGANZA DANCE Sava
16:00 – 16:55 Workout Area	PLSt BASE RAW Fitzroy	ALI BEY WORKOUT Michael	PUNCH IT WORKOUT Taras	SUPER SCULPT  Aliya	TOTAL BODY WORKOUT Marta	PLSt BASE BETWEEN THE LINES Fitzroy	LES MILLS GRIT STRENGTH® Patrik
17:10 – 18:05 Step & Dance Area	LATIN DANCE  Aliya	AERO ITALY Luciano	STEP HYPE  Luciano	STEP UP YOUR GAME  Aymeric	VERTICAL STEP  Carol		YOGA CROWN CHAKRA Nataliya
17:10 – 18:05 Workout Area	LES MILLS STRENGTH® Patrik	SACRAL CHAKRA YOGA FLOW  Nataliya Body & Mind Area	TOTAL BODY CONDITIONING Piero	LES MILLS BODYPUMP® Patrik	365 ATHLETIC Juliana		
18:20 – 19:05 Body & Mind Area	PILATES FLOW FUSION Sava	18:45 COME TOGETHER EVENING	YOGA PLEXUS CHAKRA Nataliya	DYNAMIC STRETCH Taras	YOGA HEART CHAKRA Nataliya		WAVES OF MOVEMENT Team Teach
Cycling / FF Gym*	10:00-10:45 RPM® Patrik		18:15-19:00 CLIMB Aliya	11:30-12:00 HIC Fitzroy	16:00-16:45 INTERVAL Tatiana	11.15-12.00 DIVA MIX Aliya	
EVENING		21:00 BLACK & WHITE PARTY		21:00 AFW NEON VIBEZ		19:30 GALA DINNER	

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

