

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	MORNING FLEX Balasz	BODYART® WAKEUP Balazs	
09:00 – 09:55 Step & Dance Area	STEP FUSION 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	SWEAT PRO Luciano	STRONG NATION® Marta	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 Aliya	BASIC STEP Fares	STEP & SUN Taras	STEP PROGRESSIVE Fares	NO LIMITS STEP Fares	STEP FORCE Fares
10:10 – 11:05 Workout Area	FIT FUSION Esben	F.I.T STRENGTH Faye	AGILITY BOOST Michael	SHAPE UP Marta	BE MORE HUMAN Aliya	SCULPTIFY Marta	ATHLETIC FLOW Michael
11:20 – 12:15 Step & Dance Area	STREET RAGGA Martial	80s DIVA DANCE Esben	DANCE SENSATION Luciano	DANCE 4 ALL Martial	STEP POWER Martial	BASIC STEP Luciano	LATIN DANCE Aliya
11:20 – 12:15 Workout Area	PLsT BASE RAW Fitzroy	DEEPWORK® Balazs	PUNCH IT WORKOUT Taras	MUSCLE FIRE CIRCUIT Aliya	DEEPWORK® Balazs	PLsT BASE ABC Fitzroy	SPINE ALIGN Marta
12:30 – 13:00 Workout Area	F.I.T JAM DANCE Faye	CORE EXPRESS Aliya	BODYART® YIN Balazs	PLsT BASE EXPRESS Fitzroy	HEALTHY BACK Michael	BODYART® RECOVERY Balazs	H.I.I.T Taras
LUNCH BREAK	WATER POWER 15:00 – 15:30 Aliya Club Pool	WELCOME & MEET THE TEAM WORKOUT AREA 15:15–16:00 GROUP PICTURE – WEAR YOUR EVENTSHIRT		AQUA ZUMBA® 15:00 – 15:30 Marta Club Pool			AQUA FIT 15:00 – 15:30 Esben Club Pool
16:00 – 16:55 Step & Dance Area	STEPPER-TON Martial	STEP E:MOTION Luciano	ZUMBA® FITNESS Marta	STEP THE BEAT Fares	STEP LIKE YOU MEAN IT Fares	LYRICAL DANCE Martial	STEP'N'STYLE Martial
16:00 – 16:55 Workout Area	KAMIBO® Michael	45 / 15 Taras	PLsT BASE CROSS Fitzroy	FUNCTIONAL STEP Luciano	F.I.T STRENGTH Faye	F.I.T. COMBAT Faye	PLsT BASE BETWEEN THE LINES Fitzroy
17:10 – 18:05 Step & Dance Area	BASIC STEP Taras	SUNSET FLOW Michael (Workout Area)	STEP & FUN Fares	BASIC STEP Martial	AERO ITALY Luciano		17:30 – 18:15 DYNAMIC STRETCH Taras (Body & Mind Area)
17:10 – 18:05 Workout Area	ALI BEY WORKOUT Michael	18:45 PRESENTER MEET; COCKTAILS & DINNER	F.I.T BANDS Faye	DEEPWORK® Balazs	PLsT STEP TO THE BASE Fitzroy		
18:20 – 19:05 Body & Mind Area	BODYART® Balazs		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 BURN Esben		10:15–11:00 PRO CYCLING Tatiana	16:30–17:00 HIC Fitzroy	10:15–11:00 RPM RUSH Tatiana	16:15–17:00 PEDAL POWER Aliya	
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



Fitzroy | GBR

Taras | RUS

Luciano | ITA

Marta | ESP

Michael |
PHL/GER

Esben | NOR

Martial | FRA

Faye | GBR

Balasz | HUN

Fares | TUN

Aliya | RUS

Tatiana |
ITA / GER