

# Ali-Holiday 2025

1. - 8. Oktober 2025  
Ali Bey Club Manavgat

## KURSPLAN

Änderungen vorbehalten



| WELCOME ABEND<br>01.10.   21 UHR<br>ALI'S PUB | Donnerstag<br>02.10.2025                                                                                                 | Freitag<br>03.10.2025                                                                                                              | Samstag<br>04.10.2025                                                                                                                 | Sonntag<br>05.10.2025                                                                                                             | Montag<br>06.10.2025                                                                                                     | Dienstag<br>07.10.2025                                                                                                              |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| 10:00 Uhr                                     |                                                                                                                          | AQUA ZUMBA®<br>(30 min)<br><br>ALI & VERO         | ZUMBA®<br>(45 min)<br><br>ALI                      |                                                                                                                                   | STRONG NATION®<br>(45 min)<br><br>ALI | TABATA<br>(45 min)<br><br>DOREEN                 |
| 11:00 Uhr                                     | ZUMBA®<br>(60 min)<br><br>ALI & VERO    |                                                                                                                                    | LANG-HANTEL<br>INTERVALL<br>(60 min)<br><br>DOREEN |                                                                                                                                   | ZUMBA®<br>(45 min)<br><br>VERO        | ZUMBA®<br>PARTY<br>(70 min)<br><br>ALLE          |
| 14:30 Uhr                                     |                                                                                                                          |                                                                                                                                    |                                                                                                                                       | AQUA ZUMBA®<br>(30 min)<br><br>ALI & VERO     |                                                                                                                          |                                                                                                                                     |
| 15:30 Uhr                                     | STRONG NATION®<br>(45 min)<br><br>ALI | 16:00 UHR<br>HIIT<br>(30 min)<br><br>ALI & VERO |                                                                                                                                       | ZUMBA®<br>(55 min)<br><br>ALI & VERO         |                                                                                                                          |                                                                                                                                     |
| 16:30 Uhr                                     | ZUMBA®<br>(45 min)<br><br>ALI         | STRETCH & RELAX<br>(30 min)<br><br>ALI          | ZUMBA®<br>(45 min)<br><br>VERO                   | STRETCH & MOBILITY<br>(30 min)<br><br>DOREEN | ZUMBA®<br>(60 min)<br><br>ALI       | ZUMBA®<br>@BEACH<br>(60 min)<br><br>ALI & VERO |
| Gala Night<br>(vom Hotel)                     |                                                                                                                          |                                                                                                                                    |                                                                                                                                       | Abschlussabend                                                                                                                    |                                                                                                                          |                                                                                                                                     |