

GROUP – SOMMERFERIEN

18. – 24. JULI 2022

MO 18.	09:00 – 09:45 12:00 – 12:45 18:15 – 22:00	FUNCTIONAL TRAINING MOBILITY TEAMEVENT KEINE KURSE	JARRED JARRED
TU 19	09:00 – 10:00 12:00 – 13:00 18:15 – 19:15 19:00 – 19:45	YOGA PUMP STRETCHING OUTDOOR WORKOUT	CLAUDIA FLICK ANITA PAULINE
WE 20	09:15 – 10:15 12:00 – 12:45 18:15 – 19:15 19:30 – 20:30 19:00 – 19:45	CORE CALISTHENICS PUMP THAI BOXING FITNESS OUTDOOR WORKOUT	ANITA JARRED ANITA MARCELO JARRED
TH 21	09:00 – 10:00 12:00 – 12:45 18:15 – 19:15	STRETCHING BODYTONING LATIN DANCE	ANITA PAULINE FLICK
FR 22	09:00 – 10:00 12:00 – 13:00 17:30 – 18:30	BODYTONING LUNCH FLOW FASZIEN TRAINING	MASSIAMI ANNEMIE MARCELO
SA 23	10:00 – 11:30	PUMP XL	ANITA
SU 24	10:00 – 10:45 17:00 – 18:30	BODYTONING STRETCH & TONE	MARCELO ANITA