

## GROUP – SOMMERFERIEN

25. – 31. JULI 2022

MO 25	09:00 – 09:45	FUNCTIONAL TRAINING	ANITA
	12:00 – 12:45	MOBILITY	JARRED
	18:15 – 19:25	DEEP STRETCH	MASSIAMI
	19:30 – 20:30	THAI BOXING FITNESS	MARCELO
TU 26	09:00 – 10:00	DEEP STRETCH	MASSIAMI
	12:00 – 13:00	PUMP	FLICK
	18:15 – 19:15	STRETCHING	ANITA
	19:00 – 19:45	OUTDOOR WORKOUT	JARRED
WE 27	09:15 – 10:15	CORE	ANITA
	12:00 – 12:45	CALISTHENICS	JARRED
	18:15 – 19:15	PUMP	ANITA
	19:30 – 20:30	THAI BOXING FITNESS	MARCELO
	19:00 – 19:45	OUTDOOR WORKOUT	JARRED
TH 28	09:00 – 10:00	STRETCHING	ALEX
	12:00 – 12:45	BODYTONING	MASSIAMI
	18:15 – 19:15	LATIN DANCE	FLICK
FR 29	09:00 – 10:00	BODYTONING	MASSIAMI
	12:00 – 13:00	LUNCH FLOW	ANNEMIE
SA 30	10:00 – 11:00	LANGHANTEL TRAINING	JARRED
SU 31	10:00 – 10:45	BODYTONING	MARCELO