



Fitness Passion and Jumping Week

24.04 – 02.05.2021

Tag	Samstag 24.04.2021	Sonntag 25.04.2021	Montag 26.04.2021	Dienstag 27.04.2021	Mittwoch 28.04.2021	Donnerstag 29.04.2021	Freitag 30.04.2021	Samstag 01.05.2021	Sonntag 02.05.2021
08:00 Uhr	Anreise								Abreise
10:00 Uhr		Jumping Fitness (TC 6)	Jumping Fitness (TC 6)	Shadowboxer Performance (TC 6)	Functional HIIT (TC 6)	Jump meets Shadowboxer (TC 6)	Shadowboxer Performance (TC 6)	Jumping Fitness (TC 6)	
11:00 Uhr		Core Attack (TC 6) 30 min		Core Attack (TC 6) 30 min			Core Attack (TC 6) 30 min		
16:00 Uhr			Functional HIIT (MC 1)			Tone & Shape (MC 1)		Tone & Shape (MC 1)	
17:00 Uhr		Jumping meets Shadowboxer (TC 6)	Stretch & Mobility (Yoga Shala) 30 min	Jumping Fitness (TC 6)		Stretch & Mobility (Yoga Shala) 30 min	Jumping Fitness (TC 6)	Stretch & Mobility (Yoga Shala) 30 min	
18:00 Uhr	Welcome Event								