



11.12. – 18.12.21

Tag	Samstag 11.12.2021	Sonntag 12.12.2021	Montag 13.12.2021	Dienstag 14.12.2021	Mittwoch 15.12.2021	Donnerstag 16.12.2021	Freitag 17.12.2021	Samstag 18.12.2021	Sonntag xx.xx.2021
08:00 Uhr	Anreise								Abreise
10:00 Uhr		Bellicon JUMPING (TC 6)	Bellicon HEALTH (TC 6)	Tone & Shape (TC 6)	Functional HIIT (TC 6)	Jumping meets Shadowboxer (TC 6)	Functional HIIT (TC 6)	Bellicon JUMPING (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	Bellicon Circuit (TC 6)		Stretch & Mobility (Yoga Shala) 30 min	Bellicon HEALTH (TC 6)	Stretch & Mobility (Yoga Shala) 30 min	
18:00 Uhr									