

05.06. – 12.06.22

Tag	Samstag 04.06.2022	Sonntag 05.06.2022	Montag 06.06.2022	Dienstag 07.06.2022	Mittwoch 08.06.2022	Donnerstag 09.06.2022	Freitag 10.06.2022	Samstag 11.06.2022	Sonntag 12.06.2022
08:00 Uhr	Anreise								Abreise
10:00 Uhr		Bellicon JUMPING (the wod box)	Bellicon HEALTH (the wod box)	Tone & Shape (the wod box)	Functional HIIT (the wod box)	Jumping meets Shadowboxer (the wod box)	Functional HIIT (the wod box)	Bellicon JUMPING (the wod box)	
11:00 Uhr		Core Attack (the wod box) 30 min		Core Attack (the wod box) 30 min			Core Attack (the wod box) 30 min		
16:00 Uhr			Functional HIIT (the sport zone)			Tone & Shape (the sport zone)		Tone & Shape (the sport zone)	
17:00 Uhr		Jumping meets Shadowboxer (the wod box)	Stretch & Mobility (el teatro) 30 min	Bellicon Circuit (the wod box)		Stretch & Mobility (el teatro) 30 min	Bellicon HEALTH (the wod box)	Stretch & Mobility (Plaza Rambla) 30 min	
18:00 Uhr									