

Fitness Passion and Jumping Week



28.05.2023 – 03.06.2023

Tag	Sonntag 28.05.2023	Montag 29.05.2023	Dienstag 30.05.2022	Mittwoch 31.05.2022	Donnerstag 01.06.2022	Freitag 02.06.2022	Samstag 03.06.2022
10:00 Uhr	Bellicon * JUMPING	Bellicon * JUMPING INTERVALL	Functional HIIT	Bellicon * JUMPING	Bellicon * JUMPING x SHADOWBOXER	Functional HIIT	Bellicon * JUMPING INTERVALL
11:00 Uhr	Abs Xpress		Abs Xpress	TMX Recovery & Mobility		Abs Xpress	
16:00 Uhr		Full Body Shaping			Full Body Shaping		Full Body Shaping
17:00 Uhr	Bellicon * JUMPING x SHADOWBOXER	TMX Recovery & Mobility	Bellicon * JUMPING		TMX Recovery & Mobility	Bellicon * JUMPING x SHADOWBOXER	TMX Recovery & Mobility
18:00 Uhr							

All Bellicon * classes are with an extra charge

