

Fitness Passion & Jumping Week



19.05.2024-25.05.2024

Day	Sonntag 19.5.24	Montag 20.5.24	Dienstag 21.5.24	Mittwoch 22.5.24	Donnerstag 23.5.24	Freitag 24.5.24	Samstag 25.5.24
10:00 Uhr	Functional HIIT	Bellicon JUMPING INTERVALL	Functional HIIT	Bellicon JUMPING	Bellicon JUMPING INTERVALL	Functional HIIT	Bellicon JUMPING INTERVALL
11:00 Uhr	Booty Xpress 30min		Abs Xpress 30min				
16:00 Uhr							
17:00 Uhr	Bellicon JUMPING	Full Body Shaping	Bellicon JUMPING		Full Body Shaping	Bellicon JUMPING	Full Body Shaping
18:00 Uhr		Stretch 30min				Stretch 30min	

