

Fitness Passion & Jumping Week



28.07.2024 – 03.08.2024

Day	Sonntag 28.7.24	Montag 29.7.24	Dienstag 30.7.24	Mittwoch 31.7.24	Donnerstag 1.8.24	Freitag 2.8.24	Samstag 3.8.24
10:00 Uhr	Functional HIIT	Bellicon JUMPING INTERVALL	Functional HIIT	Bellicon JUMPING	Bellicon JUMPING INTERVALL	Bellicon JUMPING	Bellicon JUMPING INTERVALL
11:00 Uhr	Miniband Booty Xpress 30min		Abs Xpress 30min				
16:00 Uhr							
17:00 Uhr	Bellicon JUMPING	Full Body Shaping	Bellicon JUMPING		Full Body Shaping	Functional HIIT	Full Body Shaping
18:00 Uhr		Stretch 30min				Stretch 30min	

