

Fitness Passion & Jumping Week

bellicon

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19.5.24 – 25.5.24

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	Full Body Shaping	Functional HIIT		Full Body Shaping	Bellicon JUMPING x SHADOWBOXER	Bellicon JUMPING INTERVALL
11:00 Uhr	Booty Xpress 30min		Abs Xpress 30min				
16:00 Uhr							
17:00 Uhr	Bellicon JUMPING	Bellicon JUMPING INTERVALL	Bellicon JUMPING x SHADOWBOXER	Bellicon JUMPING	Bellicon JUMPING x SHADOWBOXER	Functional HIIT	Full Body Shaping
18:00 Uhr		TMX Recovery 30min				TMX Recovery 30min	

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