

Fitness Passion & Jumping Week



28.7.24 – 03.8.24

Day	Sonntag 28.7.24	Montag 29.7.24	Dienstag 30.7.24	Mittwoch 31.7.24	Donnerstag 01.8.24	Freitag 02.8.24	Samstag 03.8.24
10:00 Uhr	HIIT The BEAT	Full Body Shaping	HIIT The BEAT		Full Body Shaping	Bellicon JUMPING	Bellicon JUMPING INTERVALL
11:00 Uhr	Abs Xpress 30min		Abs Xpress 30min				
16:00 Uhr	Bellicon JUMPING	Bellicon JUMPING INTERVALL			JUMPING INTERVALL		
17:00 Uhr		TMX Recovery 30min	Bellicon JUMPING	Bellicon JUMPING		HIIT The BEAT	Full Body Shaping
18:00 Uhr						Stretch 30min	

