

Fitness Passion & Jumping Week



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