

PROGRAMM

FitCamp powered by  **IFAA**

vom 25.09. – 30.09.2022
im Aldiana Club Andalusien

ZEIT	SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
9:00 Uhr	Sonnengröße – Start in den Tag Nina	Wake Up Yoga Tina	Lower Body Workout Domi	Sonnengröße – Start in den Tag Nina	Pilates Domi	Morning Beach Yoga (8:00 Uhr) Tina
10:00 Uhr	Vinyasa Power Yoga Nina	Mobility Training Tina	Dance & Fun Domi	Vinyasa Power Yoga Nina	Core 3D – Gesunder Rücken Domi	BODEGA moves® HIIT Nina
11:00 Uhr	Dance & Fun Domi	Body Weight Training Tina	Outdoor Training – use the nature Domi	M.A.X.® – Muscle Activity Excellence Nina	Cardio move Tina	Performance Trainer Domi
15:00 Uhr	Body Weight Training Tina	M.A.X.® – Muscle Activity Excellence Nina	Cardio move Tina	Pilates Domi	BODEGA moves® meets reflow® Nina	Outdoor Surprise Tina, Domi & Nina
16:00 Uhr	Vinyasa Yoga „Twist your spine“ Tina	BODEGA moves® Nina	Happy Hips Workout Tina	Upper Body Workout Domi	BODEGA moves® - just mobility Nina	
17:00 Uhr	Core 3D – Gesunder Rücken Domi	BODEGA reflow® - Stretchingflows Nina	Stretch & Release Tina	Performance Trainer Domi	Yin Yoga Tina	

Änderungen vorbehalten.

