

# PROGRAMM

vom 05.06. – 10.06.2022

im Aldiana Club Kreta

*FitCamp* powered by  **IFAA**

ZEIT	SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
9:00 Uhr	<b>Perfect Start – Chi Wake Up</b> Sarah	<b>Vinyasa Power Yoga</b> Petra	<b>Good Morning Stretch</b> Stephi	<b>Welcome – Morning Yoga Flow</b> Sarah	<b>Yin Yoga</b> Petra	<b>M.A.X.® – Muscle Activity Excellence</b> Stephi
10:00 Uhr	<b>Morning Circuit</b> Sarah	<b>Functional Training</b> Petra	<b>Full Body Workout</b> Stephi	<b>Morning Circuit</b> Sarah	<b>Functional Training</b> Petra	<b>Tôso X Boxtraining „Fun &amp; Drill“</b> Stephi
11:00 Uhr	<b>Feel Good Pilates</b> Petra	<b>Fatburner</b> Stephi	<b>Easy Step Aerobic</b> Sarah	<b>DAYO – Dance Yoga</b> Petra	<b>Tôso X Boxtraining „Basic class“</b> Stephi	<b>Faszientraining mal anders</b> Sarah
15:00 Uhr	<b>Tôso X Boxtraining „Basic moves“</b> Stephi	<b>Tôso X Boxtraining „Intervall“</b> Stephi	<b>BODEGA moves® HIIT – Intervall Training</b> Sarah	<b>Feel Good Pilates</b> Petra	<b>BODEGA moves® – Bodywork meets Yoga</b> Sarah	<b>Vinyasa Power Yoga</b> Petra
16:00 Uhr	<b>M.A.X.® – Muscle Activity Excellence</b> Stephi	<b>DAYO – Dance Yoga</b> Stephi	<b>Core 3D</b> Sarah	<b>Functional Training</b> Petra	<b>BODEGA reflow® – Stretchingflows</b> Sarah	<b>DAYO – Dance Yoga „Herz öffnen“</b> Petra
17:00 Uhr	<b>Yin Yoga</b> Petra	<b>Pilates Music Flow</b> Petra	<b>DAYO – Dance Yoga</b> Stephi	<b>Stretch &amp; Relax</b> Sarah	<b>DAYO – Dance Yoga</b> Stephi	<b>Stretch &amp; Relax</b> Sarah

Änderungen vorbehalten.

