

Fitness Passion and Jumping Week

5.-13.9.2020

**play
itas**
Free your mind



Tag	Samstag 5.9.	Sonntag 6.9.	Montag 7.9.	Dienstag 8.9.	Mittwoch 9.9.	Donnerstag 10.9.	Freitag 11.9.	Samstag 12.9.	Sonntag 13.9.	
08:00 Uhr	Anreise								Abreise	
10:00 Uhr		Jumping Fitness (TC 6)	Jumping Fitness (TC 6)	Shadowboxer Performance (Plaza Rambla)	Functional HIIT (TC 6) 60 min	Jump meets Shadowboxer (TC 6)	Shadowboxer Performance (Plaza Rambla)	Jumping Fitness (TC 6)		
12:00 Uhr		Core Attack (TC 6) 30 min		Core Attack (Plaza Rambla) 30 min			Core Attack (Plaza Rambla) 30 min			
16:00 Uhr										
17:00 Uhr		Jumping meets Shadowboxer (TC 6)	Functional HIIT (Plaza Rambla)	Jumping Fitness (TC 6)		Tone & Shape (Plaza Rambla)	Jumping Fitness (TC 6)	Tone & Shape (Plaza Rambla)		
18:00 Uhr	Welcome Event		Stretch & Mobility (Plaza Rambla)			Stretch & Mobility (Plaza Rambla) 30 min		Stretch & Mobility (Plaza Rambla) 30 min		

Unsere Partner:

