

bellicon
Jumping

bellicon
HIIT

bellicon
Tone & Shape

Intervalltraining

Cardio

Body & Mind

Tone & Shape

Strength

Kurse
9:30–10:30

bellicon Jumping

bellicon Jumping
x
Shadowboxer

bellicon
Barre

HIIT the Beat

Aerobic Dance

Hatha Yoga Flow

Barre Workout

Kettlebell Basics

11:00–12:00

bellicon Jumping

bellicon Jumping
Circuit

bellicon
Core Flow

Full Body Tabata

Dance Fusion

Breathe, Press,
Release

Pilates

Calisthenics

15:00–16:00

bellicon Jumping
x
Dance Energy

bellicon Jumping
x
HIIT the Beat

bellicon
Pilates Moves

Barre HIIT

Hip Hop Dance

Vanyasa Yoga
Flow

Miniband Legs &
Booty

Funktionelles
Krafttraining

16:30–17:30

bellicon Jumping

bellicon Jumping
Intervall

bellicon
Barre

Shadowboxer
HIIT

Breakdance
Basics

Yin Yoga

Rücken Fit

Hybridtraining

Recovery
18:00–18:30

bellicon
Ease & Flow

Daily Recovery
Flow

Thai Massage
Basics

Deep Stretch

**Vorträge &
Specials**

Beach Sunrise
Yoga

7:00–7:30

Workshop:
Eat Strong - Feel Strong!

12:30–13:00

Vortrag:
Trau Dich, **WOW** zu sein!

20:30–21:00