

Ablaufplan

Costa del Sol (Alcaidesa / Spanien)



Montag 10.09.2018

Dienstag 11.09.2018

Mittwoch 12.09.2018

Donnerstag 13.09.2018

Freitag 14.09.2018

10:00–11:00 **LES MILLS SPECIAL**
alle National Trainer

11:10–11:40 **LES MILLS BODYATTACK** 30'
Ute

11:50–12:20 **LES MILLS CXWORX**
Marcus

10:00–11:00 **LES MILLS BODYCOMBAT**
Marcus

11:10–11:55 **tone**
Charlene

12:05–12:50 **LES MILLS RPM**
Ute

10:00–10:45 **LES MILLS BODYATTACK** 45'
Ute

10:55–11:55 **LES MILLS BODYBALANCE**
Charlene

12:05–12:35 **barre**
Marc

10:00–10:30 **LES MILLS LMI STEP** 30'
Ute

10:40–11:25 **LES MILLS BODYPUMP** 45'
Ute

11:35–12:20 **tone**
Charlene

10:00–10:30 **barre**
Marc

10:40–11:10 **LES MILLS CXWORX**
Marcus

11:20–12:20 **LES MILLS BODYBALANCE**
Charlene

15:00–15:30 **LES MILLS LMI STEP** 30'
Ute

15:40–16:10 **LES MILLS BODYPUMP** 30'
Marcus

16:20–16:50 **LES MILLS BODYCOMBAT** 30'
Marcus

17:00–17:30 **LES MILLS SH'BAM** 30'
Marc

17:40–18:10 **LES MILLS BODYBALANCE** 30'
Charlene

15:00–16:00 **LES MILLS BODYPUMP**
Marcus

16:10–16:40 **LES MILLS CXWORX**
Marcus

16:45–17:15 **LES MILLS BODYBALANCE** 30'
Charlene

17:25–18:10 **LES MILLS LMI STEP** 45'
Ute

15:00–15:45 **LES MILLS SH'BAM**
Marc

15:55–16:40 **tone**
Charlene

16:50–17:35 **LES MILLS BODYPUMP** 45'
Ute

17:45–18:15 **LES MILLS GRIT SPECIAL**
Marcus

15:00–15:30 **barre**
Marc

15:40–16:25 **LES MILLS BODYJAM** 45'
Marc

16:35–17:20 **LES MILLS BODYCOMBAT** 45'
Marcus

17:00–17:45 **LES MILLS RPM**
Ute

15:00–16:00 **LES MILLS BODYPUMP**
Marcus

16:15–16:45 **LES MILLS SH'JAM**
Marc

16:50–17:20 **LES MILLS BODYATTACK** 30'
Ute

17:30–18:30 **LES MILLS SPECIAL**
für alle

ab 19:00 **Get Together**
für alle

ab 19:00 **Gala-Abend**
für alle

Änderungen vorbehalten