



Ablaufplan Fuerteventura



Sonntag, 10.03.2019
17:45 Uhr
WELCOME-TREFF
vor der Bodega. Anschließend
gemeinsames Abendessen

Montag 11.03.2019

- 09:45 – 11:00 **LES MILLS OPENING**
alle National Trainer
- 11:00 – 11:30 **LES MILLS BODYATTACK** 30'
Patrick
- 11:35 – 12:05 **LES MILLS GRIT**
Patrick
- 12:15 – 12:45 **LES MILLS LMI STEP** 30'
Isabell
- 14:45 – 15:15 **LES MILLS BODYCOMBAT** 30'
Andree/Isabell
- 15:25 – 15:55 **LES MILLS CXWORX**
Andree
- 16:00 – 16:30 **LES MILLS BODYJAM** 30'
Isabell
- 16:00 – 16:30 **LES MILLS RPM** 30'
Marco
- 16:40 – 17:25 **LES MILLS BODYPUMP** 45'
Sabrina
- 17:35 – 18:05 **LES MILLS BODYBALANCE** FLEX 30'
Patrick

Dienstag 12.03.2019

- 09:00 – 10:00 **LES MILLS BODYBALANCE**
Sabrina
- 10:00 – 11:00 **LES MILLS BODYPUMP**
Andree
- 11:05 – 12:05 **LES MILLS BODYCOMBAT**
Marco
- 12:10 – 12:40 **LES MILLS CXWORX**
Marco
- 14:45 – 15:40 **LES MILLS LMI STEP**
Isabell
- 15:40 – 16:25 **LES MILLS SH'BAM** 45'
Isabell/Sabrina
- 16:35 – 17:20 **LES MILLS BODYPUMP** 45'
Patrick
- 17:20 – 18:10 **LES MILLS tone** 30'
Sabrina
- 18:30 **Get Together**
Bodega / gemeinsames
Abendessen

Mittwoch 13.03.2019

- 09:00 – 10:00 **LES MILLS LMI STEP**
Isabell
- 10:00 – 11:00 **LES MILLS BODYBALANCE**
Sabrina
- 11:05 – 12:05 **LES MILLS BODYATTACK**
Patrick
- 12:10 – 12:40 **LES MILLS BODYPUMP** 30'
Patrick
- 12:20 – 12:50 **LES MILLS sprint**
Marco
- 14:45 – 15:15 **LES MILLS GRIT**
Marco
- 15:25 – 16:25 **LES MILLS BODYPUMP**
Patrick
- 16:30 – 17:15 **LES MILLS BODYCOMBAT** 45'
Andree/Marco
- 17:30 – 18:00 **LES MILLS barre**
Isabell
- 17:30 – 18:30 **LES MILLS RPM**
Marco

Donnerstag 14.03.2019

- 09:00 – 10:00 **LES MILLS BODYBALANCE**
Sabrina
- 10:00 – 10:45 **LES MILLS BODYCOMBAT** 45'
Andree/Marco
- 10:50 – 11:35 **LES MILLS BODYPUMP** 45'
Sabrina
- 11:45 – 12:45 **LES MILLS SH'BAM** meets **LES MILLS BODYJAM**
Isabell/Sabrina
- 14:45 – 15:30 **LES MILLS tone**
Sabrina
- 15:00 – 15:30 **LES MILLS sprint**
Marco
- 15:40 – 16:10 **LES MILLS barre**
Isabell
- 16:25 – 16:55 **LES MILLS CXWORX**
Andree
- 17:00 – 18:00 **LES MILLS BODYBALANCE**
Patrick

Freitag 15.03.2019

- 09:30 – 10:00 **LES MILLS barre**
Isabell
- 10:00 – 10:45 **LES MILLS BODYJAM** 45'
Isabell
- 10:50 – 11:35 **LES MILLS tone**
Sabrina
- 11:45 – 12:30 **LES MILLS BODYATTACK** 45'
Patrick
- 15:00 – 15:30 **LES MILLS BODYPUMP** 30'
Andree
- 15:30 – 16:00 **LES MILLS CXWORX**
- 16:00 – 16:30 **LES MILLS BODYCOMBAT** 30'
Andree/Marco
- 16:40 – 17:30 **LES MILLS GAMES & SPECIAL**
alle National Trainer
- ab 18:30 Sekt-Empfang
Abschlussbilder
Gala-Abend
gemeinsames Abendessen

Cycle-Kurse finden im Sportpalast statt