

# Freitag 16. September 2016

Zeit	Gym1	Gym2	Halle	Outdoor Fit	Outdoor Bike
13:30	Begrüßung / Zimmerbezug				
14:00					
14:30					
15:00	Gemeinsames WarmUp				
15:30	M.A.X.®			Nordic Walking Intro 9	Mountainbike 8
16:00	Zumba®				
16:30					
17:00	Stretching	Yoga 12			
17:30					
18:00				Stretching	
18:30					
19:00					
Info					
19:30	Nachtessen				
22:00	Traumreise 18				

# Samstag 17. September 2016

Zeit	Gym1	Gym2	Halle	Outdoor Fit	Outdoor Hike	Outdoor Bike
7:30	Sonnengruss			Nordic Walking 9		
8:00						
8:30	Zmorgen					
9:00						
9:30	TRX® 12			UrbanFitness		
10:00						
10:30	Dance	PowerPump 15			Wandern (Lunchpause unterwegs)	Mountainbike 8 (Lunchpause unterwegs)
11:00						
11:30						
12:00	Mittagspause					
12:30						
13:00						
13:30	Kick-Power		Jumps&Turns			
14:00			Pause/Körbe			
14:30	M.A.X.®		Thera-Fit			
15:00	Zumba®		Rope-Skipping			
15:30			Surprise	Yogaparcours		
16:00						
16:30	Hip Hop		Stretching			
17:00				Stretching		
17:30	Yoga 18					
18:00						
18:30						
19:00						
	Info					
19:30	Nachtesen					
22:00	Traumreise 18					

# Sonntag 18. September 2016

Zeit	Gym1	Gym2	Halle	Outdoor Fit	Outdoor Hike	Outdoor Bike
7:30	Sonnengruss			Nordic Walking 9		
8:00						
8:30	Zmorgen					
9:00						
9:30						
10:00	TRX® 12			Yogaparcours	Wandern  (Lunchpause unterwegs)	Mountainbike 8  (Lunchpause unterwegs)
10:30						
11:00	HipHop			UrbanFitness		
11:30						
12:00	Mittagspause					
12:30						
13:00						
13:30	Dance	PowerPump 15				
14:00						
14:30	Yoga 18		Rope Skipping			
15:00						
15:30	Offizieller Schluss Takt SHP Halle (inkl. Stretching)					