

TEMPORARY TIMESCHEDULE 2022

12.05.2022 - 19.05.2022

MAREIKE
TRAINER 2

TANJU
SPECIALS

ADRI

URBANIZE
MOVING THE WORLD

Time	13.05.22 Friday	14.05.22 Saturday	15.05.2022 Sunday	16.05.22 Monday	17.05.22 Tuesday	18.05.22 Wednesday
08:00	MEDITATION 30min	MEDITATION 30min		07:30 EARLY MORNING YOGA 60	MEDITATION 30min	MEDITATION 30min
10:00	ZUMBA 60 min		MINDCAMP SESSION 90-120	MINDCAMP SESSION 90-120	MINDCAMP SESSION 90-120	10:00 ZUMBA MASTERCLASS (other location)
11:30			11:30 ABS BOOTY 60			
12:00	ABS,BOO- TY,STRETCH 60	DAY TRIP	13:00 AQUA ZUMBA 45	12:30 ZUMBA 60	12:00 CORE+BACK 60	12:00 YOGA 60
13:00 - 15:00	LUNCHTIME/ BREAK	LUNCHTIME/ BREAK	LUNCHTIME/ BREAK	LUNCHTIME/ BREAK	LUNCHTIME/ BREAK	LUNCHTIME/ BREAK
14:00						14:00 DANCE MOVES
15:00	DANCE MOVES 75		SIESTA	SIESTA	14:00 PILATES 60	
16:00				16:00 PILATES 60		
16:30	YOGA 60	SURPRISE/THEME NIGHT	16:30 STRONG 60		16:30 ZUMBA 60	
17:30	GET READY		GET READY	GET READY	GET READY	17:30 FOOD BEHAVIOUR LECTURE GET READY
19:00	HAPPY HOUR		HAPPY HOUR	HAPPY HOUR	HAPPY HOUR	HAPPY HOUR
20:00	Dinner		Dinner	Dinner	Dinner	Dinner
23:00			23:00 LATE NIGHT MEDITATION			