

# NO SPAIN NO GAIN MALLORCA II

**TAE BO® &  
YOGA CAMP  
MALLORCA  
2014**

## TIMETABLE



**KAIFU-LODGE**  
The fitness & wellness club

reise scene



**Gladiator**  
FIGHTWEAR 76

# TIMETABLE

## FREITAG

16. MAI, 17:00 – 19.00 UHR OPENING

## SAMSTAG

09:30 – 10:45 YOGA  
11:00 – 11:45 TAE BO INTRO  
12:00 – 12:45 TAE BO  
  
15:45 – 16:30 YOGA  
16:45 – 17:30 DANCE  
17:45 – 18:30 IMPACT  
18:45 – 19:30 TAE BO

## SONNTAG

09:30 – 10:15 YOGA  
10:30 – 11:15 TAE BO INTRO  
11:30 – 12:15 TAE BO  
12:30 – 13:15 WORKOUT  
  
15:45 – 17:00 YOGA  
17:15 – 18:00 TAE BO  
18:15 – 19:00 IMPACT

## MONTAG

09:30 – 10:15 TAE BO  
10:30 – 11:15 IMPACT  
11:30 – 12:45 YOGA  
  
15:45 – 16:30 YOGA  
16:45 – 17:30 WORKOUT  
17:45 – 18:30 TAE BO INTRO  
18:45 – 19:30 TAE BO

## DIENSTAG

09:30 – 10:15 TAE BO INTRO  
10:30 – 11:15 TAE BO  
11:30 – 12:15 WORKOUT  
12:30 – 13:15 IMPACT

## MITTWOCH

09:30 – 10:45 YOGA  
11:00 – 11:45 IMPACT  
12:00 – 12:45 TAE BO  
  
15:45 – 16:30 DANCE  
16:45 – 17:30 TAE BO INTRO  
17:45 – 18:30 TAE BO  
18:45 – 19:30 YOGA

## DONNERSTAG

09:30 – 10:15 YOGA  
10:30 – 11:15 TAE BO INTRO  
12:00 – 12:45 TAE BO  
12:30 – 13:15 WORKOUT  
  
15:45 – 17:00 YOGA  
17:15 – 18:00 IMPACT  
18:15 – 19:00 TAE BO

Bitte beachtet zusätzlich die aktuellen Aushänge zum Programm, zu unseren Meetings und zu anderen organisatorischen Themen. Änderungen vorbehalten.