

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.