



Group Fitness Programm

Day	Time	Activity	Location	Days	Notes
Monday	09:00	Yoga: Yoga	Yoga	01	Asana
	10:45	Fit mit 60+	Naomi	02	Asana
	16:30	Fitbox	Carla	03	Asana
	19:00	Yoga: Yoga (ASHTANG)	Sandra	04	Asana
	19:45	Yoga: Yoga	Yoga	05	Asana
Tuesday	19:00	Body Workout	Sarah	06	Asana
Wednesday	08:45	Yoga: Yoga	Christi	07	Asana
	16:30	Body Workout	Naomi	08	Asana
Thursday	09:00	Yoga: Yoga (ASHTANG)	Sandra	09	Asana
	09:45	Yoga: Yoga	Christi	10	Asana
	16:30	Yoga: Yoga	Christi	11	Asana
	19:45	Yoga: Yoga	Joanna	12	Asana
Friday	08:45	Fitbox	Carla	13	Asana

Day	Time	Topic	Speaker	Room	Notes
Monday	09:00	Yoga: Yoga	Yogi	01	Arrive
	10:00	Fit. w/ Bob	Bob	01	Arrive
	11:00	Philo	Carl	01	Arrive
	12:00	Lunch: JAPANESE	Sandra	01	Lunch
	13:00	Yoga: Yoga	Yogi	01	Arrive
Tuesday	09:00	Body Workout	Sam	01	Arrive
	10:00	Josephine	Chris	01	Arrive
Wednesday	09:00	Body Workout	Sam	01	Arrive
	10:00	Josephine	Chris	01	Arrive
Thursday	09:00	Lunch: JAPANESE	Sandra	01	Lunch
	10:00	Strength Training	Chris	01	Arrive
	11:00	Strength Training	Chris	01	Arrive
	12:00	Strength Training	Chris	01	Arrive
Friday	09:00	Philo	Carl	01	Arrive
	10:00	Philo	Carl	01	Arrive



REISE- UND KOSTENPLAN – Vergewissern Sie sich, dass alle notwendigen Reiseunterlagen vorliegen. Informieren Sie sich über die Reisekosten und die Reiseversicherung.