



Fitness & Wellness Week Eventprogram May 30th - June 6th 2016

Monday May 30 th	Tuesday May 31 st	Wednesday June 1 st	Thursday June 2 nd	Friday June 3 rd	Saturday June 4 th	Sunday June 5 th	Monday June 6 th
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10.00 h <u>Welcome Class</u> Presenter-Team	10.00 h <u>Dance S.T.E.P</u> Alex	10.00 h <u>Power Workout</u> Sonja	10.00 h <u>Latino Dance</u> <u>Beach Warm up</u> Alex	10.00 h <u>S.T.E.P</u> Sonja	10.00 h <u>Dance</u> Sammy	10.00 h <u>Hatha-Yoga</u> Christine	10.00 h <u>Farewell-Class</u> Presenter Team
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11.00 h <u>Lyrical Dance</u> Sammy	11.00 h <u>S.T.E.P</u> Sammy		11.00 h <u>Hatha-Yoga</u> Christine	11.15 h <u>Aqua Fitness</u> Sonja	11.00 h <u>Power Workout</u> Sammy
		11.30 h TRIP TO <u>B.R.A.V.O</u> Beach Mastichari			
17.00 h <u>Hatha-Yoga</u> Christine	17.00 h <u>Yoga & Pilates</u> Christine		17.00 h <u>Functional Training</u> Alex	TRIP TO <u>BODRUM</u> Turkey	17.00 h <u>Dance S.T.E.P</u> Alex
			21.00 h <u>WHITE PARTY</u> Dresscode: white Poolbar		18.00 h Farewell-Dinner <u>TAM TAM</u> BEACH TAVERNE Mastichari