

CROSS PERFORMANCE



	SAMSTAG	SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
06.30 - 07.30							
07.00 - 08.00	Wake-Up Yoga		Wake-Up Yoga				Wake-Up Yoga
08.00 - 08.30							
09.30 - 09.55	HIIT	Mobility	HIIT	Mobility		Mobility	
10.05 - 10.30	Functional	Functional	Functional	Functional		Functional	Hike Discover Athlon
10.30 - 11.00					Functional		
11.00 - 12.00							
12.00 - 13.00							
13.00 - 14.00							
14.30 - 15.00	Welcome	Outdoor activity in nature			Welcome		
15.00 - 15.30	Functional		Functional	Functional	Functional		
15.30 - 15.55							
16.05 - 16.30	Cool-Down Yoga				Cool-Down Yoga		
16.30 - 17.00							
17.00 - 17.30							
17.30 - 18.30							
18.00 - 19.00	Dinner						
19.00 - 20.00							
20.00 - 21.00							
21.30 - 22.00			Breathe (online)	Breathe (online)		Breathe (online)	Breathe (online)

For functional training lovers, beginners, intermediate and enthusiasts