CROSS PERFORMANCE CAMP

ZEIT	SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	ZEIT
06.00 - 06.30							06.00 - 06.30
06.30 - 07.00							06.30 - 07.00
07.00 - 07.30		YOGA	YOGA	YOGA	YOGA	FRÜHSTÜCK	07.00 - 07.30
07.30 - 08.00							07.30 - 08.00
08.00 - 08.30		FRÜHSTÜCK	FRÜHSTÜCK	FRÜHSTÜCK	FRÜHSTÜCK		08.00 - 08.30
08.30 - 09.00							08.30 - 09.00
09.00 - 09.30							09.00 - 09.30
09.30 - 10.00						BEACH WORKOUT	09.30 - 10.00
10.00 - 10.30		CROSSFIT	BEACH WORKOUT	CROSSFIT	CROSSFIT		10.00 - 10.30
10.30 - 11.00	Flughafen nach					STRETCHING	10.30 - 11.00
11.00 - 11.30	CrossFit Mallorca		LUNCH			Verabschiedung	11.00 - 11.30
11.30 - 12.00		LUNCH		LUNCH	STRETCHING		11.30 - 12.00
12.00 - 12.30	LUNCH				LUNCH	Check-Out	12.00 - 12.30
12.30 - 13.00						LUNCH	12.30 - 13.00
13.00 - 13.30							13.00 - 13.30
13.30 - 14.00							13.30 - 14.00
14.00 - 14.30	CROSSFIT	SKILLS	CROSSFIT	SKILLS			14.00 - 14.30
14.30 - 15.00							14.30 - 15.00
15.00 - 15.30		CROSSFIT		CROSSFIT	KATAMARAN AUSFLUG. & DINNER ODER FREIE ZEIT	Hotel nach Flughafen	15.00 - 15.30
15.30 - 16.00							15.30 - 16.00
16.00 - 16.30	STRETCHING	STRETCHING	STRETCHING	STRETCHING			16.00 - 16.30
16.30 - 17.00	Check-In						16.30 - 17.00
17.00 - 17.30							17.00 - 17.30
17.30 - 18.00							17.30 - 18.00
18.00 - 18.30							18.00 - 18.30
18.30 - 19.00							18.30 - 19.00
19.00 - 19.30	DINNER DRINKS	DINNER DRINKS	DINNER DRINKS	DINNER DRINKS			19.00 - 19.30
19.30 - 20.00							19.30 - 20.00
20.00 - 20.30							20.00 - 20.30
20.30 - 21.00					NIGHT LIGHTS TEAM WOD		20.30 - 21.00
21.00 - 21.30							21.00 - 21.30
21.30 - 22.00							21.30 - 22.00
22.00 - 22.30							22.00 - 22.30
22.30 - 23.00							22.30 - 23.00