

# Fiesta Week feat. Zumba® Fitness

30.04. - 07.05.2023 (Subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:45 - 10:00	<b>WELCOMING</b>					
10:00 - 11:00	<b>ZUMBA®</b> Team	<b>DANCE AEROBIC</b> Marta	<b>KAPOW</b> Mario		<b>ZUMBA®</b> Alina & Mario	<b>ZUMBA®</b> Alice + Marta
11:15 - 12:15	<b>BAUCH, BEINE, PO.</b> Alice	<b>ZUMBA®</b> Alice & Alina	<b>ZUMBA®</b> Sascha		<b>TABATA</b> Alice	<b>ZUMBA® TONING</b> Sascha
14:30 - 15:00		<b>AQUA ZUMBA®</b> Team	<b>15:00 - 16:00</b> <b>PEAK PERFORMANCE FÜR FRAUEN</b> durch zyklusbasiertes Training & Ernährung	<b>AQUA ZUMBA®</b> Team		
16:00 - 17:00	<b>KAPOW</b> Mario	<b>STRONG NATION</b> Sascha	<b>ZUMBA® TONING</b> Marta	<b>ZUMBA®</b> Mario & Marta	<b>ZUMBA® STEP</b> Sascha	<b>KAPOW</b> Sascha
17:15 - 18:15	<b>ZUMBA®</b> Alina & Sascha	<b>ZUMBA®</b> Mario	<b>ZUMBA®</b> Alice	<b>STRONG NATION</b> Alice & Alina	<b>ZUMBA®</b> Marta	<b>TEAM TEACH</b> At the Beach
18:15 - 19:00			<b>SUNDOWN STRETCH</b> 18:30 / Team	<b>YOGA &amp; STRETCHING</b> Sascha		
<b>EVENING</b>	<b>21:00 WELCOME PARTY</b>				<b>19:30 GALA NIGHT</b>	

