

# EVENTPLAN\*



PATRICIO TRAVEL

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 Beach 10:20 BootCamp All N	10:00 Functional 10:50 Step All A	09:15 Cardio & Core 10:10 All J	10:00 Athletic Circuit 10:50 All A	09:30 There is no Limit 10:20 BootCamp M/F N	An- & Abreise	10:00 Welcome 10:30 All All
10:35 Stop Complaining H.I.I.T. 11:05 M/F N	11:05 45 / 15 11:55 M/F A	10:25 Flex & Stretch 11:10 All J	11:05 Functional 11:55 Step All A	10:35 Booty Burn 11:05 All A		10:30 Teamteach 11:00 All All
16:00 Shape & Tone 16:50 All J	14:30 Workshop: Gesunde Ernährung & Umsetzung im Alltag 15:15 N	16:00 Crosstraining 16:50 M/F A	16:10 There is no Limit 17:00 Circle Training All N	14:30 Workshop: Mobility is Key 15:45 All J		11:10 Functional 12:00 Circuit All J
17:05 Functional 17:55 Curcuit All J	16:10 The Pioneer 17:00 Circle M/F N	17:05 Methabolic 17:55 Pump M/F A	17:15 Stop Complaining 17:55 H.I.I.T. M/F N	16:10 Shape & Tone 17:00 All J		16:00 Beach 16:50 BootCamp All N
	17:15 Before Dinner 17:55 Fatburner M/F N		17:55 Fotoshooting/ Gruppenfoto Direkt nach dem Kurs	17:15 Flex & Stretch 17:55 All J		17:05 Crosstraining 17:55 M/F A
						ab Welcome 21:30 Party All All
			Gala-Abend			

KRETA - ATHLETIC WEEK

11.05.2024 bis 18.05.2024

N Niko FK Florian K.  
A Andrea J Julia

\*Änderungen im Eventprogramm sind vorbehalten.