

So., 17.11.	Mo., 18.11.	Di., 19.11.	Mi., 20.11.	Do., 21.11.	Fr., 22.11.	Sa., 23.11.	So., 24.11.
	7:30–8:20 bellicon Health	7:30–8:20 bellicon Health	7:30–8:20 bellicon Health	7:30–8:20 bellicon Health	7:30–8:20 bellicon Health	7:30–8:20 bellicon Health	7:30–8:20 bellicon Intervall
	8:30–9:00 Stretching	8:30–9:00 Strong Core	8:30–9:00 Functional Training	8:30–9:00 Strong Core	8:30–9:00 Core Stability	8:30–9:00 Strong Core	8:30–9:00 Let's Dance
	11:15–12:05 Walking-Spiral- dynamik®		11:15–12:15 Feedback- Gespräche				
ab 16:00–17:00 Eintritts- gespräche	16:15–16:45 Vortrag bellicon Wirkungen		ab 16:00–17:00 Eintritts- gespräche		16:15–16:45 Body Workshop Spiraldynamik®	16:00–17:00 Feedback- Gespräche	
17:00–18:00 Eröffnung (Salon Festival)	17:00–17:50 bellicon Health	17:00–17:50 bellicon Health	17:15–18:30 Eröffnungs- training	17:00–17:50 bellicon Health	17:00–17:50 Zirkeltraining	17:00–17:50 bellicon Jump Mix	
	18:00–18:30 Faszientraining	18:00–18:30 Progressive Muskelentspannung		18:00–18:30 Faszientraining	18:00–18:30 Stretching	18:00–18:30 Herzmeditation in Bewegung	

