

SUPER HERO ACTION WEEK

2.-5. April 2024 Anmeldung unter: freesouls.studio@gmail.com

free souls
movement studio



| Uhrzeit | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------------|-------------------------|---------------------|------------|--------------------|
| 10:30-11:00 | Ankommen | Ankommen | Ankommen | Ankommen |
| 11:00-12:00 | Warm up Yoga | Warm up Thai Chi | Sprungbude | Graffiti Air Brush |
| 12:00-13:00 | Breaking Power Moves | Boxen | | |
| 14:00-15:00 | Pause | Pause | | |
| 15:00-16:00 | Fit4Kids | Basketball | | |
| 16:00-16:30 | Abholen | Abholen | Abholen | Abholen |



Kosten: 30€
freesouls members: 20€