



# MallorcaFit by Luciano Mottola

*Feel the vibes of summer*

**19.06. - 26.06.2022**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 – 09:50	<b>DYNAMIC STRETCHING</b> Mario	<b>BODYART STRETCH</b> Balazs	<b>FUNCTIONAL FLOW</b> Mario	<b>SUNSHINE STRETCHING</b> Balazs	<b>HEALTHY BACK</b> Mario	<b>YOGALATES</b> Mario
10:00 – 10:50	<b>STEP</b> Luciano	<b>STEP</b> Carlos	<b>STEP</b> Fares	<b>STEP</b> Mario	<b>STEP</b> Luciano	<b>STEP</b> Martial
11:00 - 11:50	<b>STEP</b> Mario	<b>STEP</b> Fares	<b>DANCE</b> Mario	<b>STEP</b> Martial	<b>STEP</b> Fares	<b>STEP</b> Luciano
15:00 - 15:50	<b>DANCE</b> Fares	<b>AERODANCE</b> Luciano	<b>15:45 GROUP PICTURE</b>	<b>BODYART STRECH</b> Balazs	<b>PILATES</b> Luciano	
16:00 - 16:50	<b>STEP</b> Carlos	<b>HEALTHY BACK</b> Mario	<b>STEP</b> Luciano	<b>ANIMAL FLOW</b> Israel	<b>AERODANCE</b> Martial	<b>BODYART STRUCTURE</b> Balazs
17:00 - 17:50	<b>BODYWEIGHT WORKOUT</b> Luciano	<b>STEP</b> Carlos	<b>AERODANCE</b> Carlos & Fares	<b>STEP</b> Israel & Luciano	<b>STEP</b> Mario	<b>BODY SCULPT</b> Luciano
18:00 - 18:50	<b>BODYART STRETCH</b> Balazs	<b>BODYART YIN MOVES</b> Balazs	<b>BODYART</b> Balazs	<b>SALSA</b> Fares	<b>SUNDOWN YIN MOVES</b> Balazs	<b>CLOSING</b> Luciano/Mario/Balazs
<b>EVENING</b>					<b>20:00 GALA NIGHT</b>	