

GRUPPENKURSE

MO	09:00 – 10:00 12:00 – 12:45 18:15 – 19:30 19:30 – 20:30 19:00 – 19:45	ANITAS WORKOUT MOBILITY YOGA FLOW THAI BOXING FITNESS <i>INDOOR BOOTCAMP**</i>	ANITA JARRED ANETTE MARCELO PAULINE
TUE	09:00 – 10:00 12:00 – 12:45 18:15 – 19:15 19:00 – 19:45	YOGA PUMP ANITAS WORKOUT <i>INDOOR BOOTCAMP**</i>	CLAUDIA FLICK ANITA PAULINE
WED	09:15 – 10:15 12:00 – 12:45 18:15 – 19:15 19:30 – 20:30 19:00 – 19:45	CORE CALISTHENICS PUMP* THAI BOXING FITNESS <i>INDOOR BOOTCAMP**</i>	CARRON JARRED ANITA MARCELO JARRED
THU	09:00 – 10:00 12:00 – 12:45 18:15 – 19:15 19:00 – 19:45	STRETCHING BODYTONING LATIN DANCE <i>INDOOR BOOTCAMP**</i>	ANITA PAULINE FLICK MASSIAMI
FRY	09:00 – 09:45 12:00 – 13:00 18:15 – 19:15	HIIT LUNCH FLOW THAI BOXING FITNESS	JARRED ANETTE MARCELO
SAT	09:15 – 10:15 10:30 – 11:30	CORE PUMP*	CARRON ANITA
SUN	10:00 – 10:45 17:00 – 18:30	SURPRISE *** YOGA FLOW	TEAM ANETTE

SIGN IN VIA APP

*	PUMP	MAX. TRAINEES	20
**	INDOOR BOOTCAMP	MAX. TRAINEES	5
***	SURPRISE CLASS	CHECK APP (LAKESIDE SPORTSCLUB)	