

GROUP FITNESS ab 22. August 2022

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| MO | 09:00 – 10:00 | HATHA YOGA | MARCELA |
| | 12:00 – 12:45 | MOBILITY | JARRED |
| | 18:00 – 19:10 | YOGA FLOW | ANETTE |
| | 19:15 – 20:15 | THAI BOX | MARCELO |
| | 19:15 – 20:00 | BOOTCAMP | TRAINER |
| TU | 09:00 – 10:00 | YOGA FLOW | CLAUDIA |
| | 10:15 – 11:00 | ZIRKEL TRAINING | RICKY |
| | 12:00 – 13:00 | PUMP | MARIE-LOUISE |
| | 18:15 – 19:15 | STRETCHING | ANITA |
| | 19:15 – 20:00 | BOOTCAMP | TRAINER |
| WE | 09:15 – 10:15 | CORE | CARRON |
| | 12:15 – 12:45 | HIIT | JARRED |
| | 18:15 – 19:10 | PUMP | ANITA |
| | 19:15 – 20:15 | TÔSÔ X | REBECCA & TEAM |
| | 19:15 – 20:00 | BOOTCAMP | TRAINER |
| TH | 08:00 – 09:00 | YOGA PILATES FUSION | SERAINA |
| | 12:15 – 12:45 | SIX PACK ATTACK | MASSIAMI |
| | 17:15 – 18:00 | STEP & TONE BASIC | MARIE-LOUISE |
| | 18:15 – 19:15 | FIT BOXING ALLE | RICKY |
| FR | 09:00 – 10:00 | BODYTONING | MASSIAMI |
| | 12:00 – 13:00 | LUNCH FLOW | ANETTE |
| | 17:15 – 18:00 | FASZIEN TRAINING | MARCELO |
| SA | 09:15 – 10:15 | CORE | CARRON |
| | 10:30 – 11:45 | PUMP XL | ANITA |
| SU | 10:00 – 10:45 | BODYTONING | TEAM (SIEHE APP) |
| | 17:00 – 18:30 | YOGA | ANETTE |

FOR THE CURRENT SCHEDULE DOWNLOAD AND CHECK OUR OWN **GYM APP LAKESIDE SPORTSCLUB** AND ALWAYS **SIGN UP** FOR CLASSES.