

GROUP FITNESS FRÜHLING SOMMER (ab 6.3.23)

MO	09:00 – 10:00	HATHA YOGA	MARCELA
	12:00 – 12:45	TABATA / HIIT	MICHELLE / MATTEO
	18:00 – 19:10	YOGA FLOW	ANETTE
	18:15 – 19:15	THAI BOX	MARCELO / MAGGI
	19:15 – 20:00	BOOTCAMP	MATTEO
TU	09:00 – 10:00	YOGA FLOW	CLAUDIA
	12:00 – 13:00	PUMP	MARIE-LOUISE
	18:15 – 19:15	STRETCH&FASCIA	ANITA
	19:15 – 20:00	BOOTCAMP	MATTEO / RAMI
WE	09:00 – 10:00	FUNCTIONAL TRAINING	MARCELO
	12:00 – 13:00	POWER YOGA	MICHELLE
	18:15 – 19:10	PUMP CHALLENGE	ANITA
	19:15 – 20:15	TÔSÔ X	REBECCA & TEAM
TH	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:15 – 12:45	SIX PACK ATTACK	TRAINER TEAM
	17:15 – 18:00	STEP & TONE	MARIE-LOUISE
	18:15 – 19:15	YOGA	CLAUDIA
FR	09:00 – 10:00	HATHA YOGA	MARCELA
	12:00 – 13:00	LUNCH FLOW	ANETTE
	17:45 – 18:45	THAI BOX	MARCELO
SA	09:15 – 10:15	CORE	CARRON
	10:30 – 11:45	PUMP	ANITA
SU	10:00 – 10:45	BODYTONING	TRAINER TEAM
	17:00 – 18:30	YOGA	ANETTE

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