



## GROUP FITNESS SOMMER 2023

<b>Monday</b>	09:00 – 10:00	<b>HATHA YOGA</b>	Marcela
	12:00 – 12:45	<b>TABATA / HIIT</b>	Michelle / Matteo
	18:00 – 19:10	<b>YOGA FLOW</b>	Anette
	19:15 – 20:15	<b>THAI BOX</b>	Marcelo / Maggy
	19:15 – 20:00	<b>BOOTCAMP*</b>	Matteo

<b>Tuesday</b>	09:00 – 10:00	<b>YOGA FLOW</b>	Claudia
	12:00 – 13:00	<b>PUMP</b>	Marie-Louise
	18:15 – 19:10	<b>PUMP / CHALLENGE</b>	Anita
	19:15 – 20:15	<b>STRETCH &amp; FASCIA</b>	Anita
	19:15 – 20:00	<b>BOOTCAMP*</b>	Rami

<b>Wednesday</b>	09:00 – 10:00	<b>MUAY THAI FITNESS</b>	Yves
	09:00 – 09:45	<b>FUNCTIONAL TRAINING*</b>	Marcelo
	12:00 – 13:00	<b>POWER YOGA</b>	Michelle
	18:30 – 19:30	<b>TÔSÔ X</b>	Rebecca & Team

<b>Thursday</b>	09:00 – 10:00	<b>YOGA PILATES FUSION</b>	Seraina
	12:15 – 12:45	<b>BOOTY</b>	Rami
	18:15 – 19:30	<b>YOGA</b>	Claudia

<b>Friday</b>	09:00 – 10:00	<b>HATHA YOGA</b>	Marcela
	12:00 – 13:00	<b>LUNCH FLOW</b>	Anette
	17:45 – 18:45	<b>THAI BOX</b>	Marcelo / Maggy

<b>Saturday</b>	09:15 – 10:15	<b>CORE</b>	Jacqueline
	10:30 – 11:45	<b>PUMP</b>	Anita

<b>Sunday</b>	09:15 – 10:30	<b>POWER YOGA / DIVERS</b>	Anette / Team
---------------	---------------	----------------------------	---------------

\* Diese Kurse finden im EG statt (Freihantelzone) / \* These courses take place on Ground Floor (Plate Loaded Zone)

Updates und Kursänderungen findest du in unserer App / Updates and course changes in our app

**Plan per 1. Juni 2023**