

GROUP AB 8.1.2024

MO	09:00 – 10:00	PILATES	MICHELLE
	18:00 – 19:15	YOGA FLOW	ANETTE
	19:20 – 20:20	THAI BOX FITNESS	YVES
TU	09:00 – 10:00	YOGA FLOW	CLAUDIA
	12:00 – 13:00	PUMP	MARIE-LOUISE
	18:15 – 19:10	PUMP	MICHELLE
	19:15 – 20:15	YIN YOGA	MICHELLE
WE	09:00 – 10:00	THAI BOX FITNESS	YVES
	12:00 – 13:00	POWER YOGA	MICHELLE
	18:15 – 19:00	FUNCTIONAL TRAINING	ANITA
	19:15 – 20:15	STRETCH/FASCIA	ANITA
TH	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 13:00	YOGA THERAPIE	NORA
	18:15 – 19:05	HIIT	IDAEL
	19:15 – 20:15	LATIN DANCE	IDAEL
FR	09:00 – 10:00	VINYASA YOGA	NORA
	12:00 – 13:00	YOGA FLOW	ANETTE
	18:00 – 19:00	THAI BOX FITNESS	YVES
SA	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:45	PUMP	ANITA
SU	10:00 – 10:50	HIIT	IDAEL
	11:00 – 12:00	LATIN DANCE	IDAEL
	17:00 – 18:30	YOGA	ANETTE

- UPDATES UND KURSÄNDERUNGEN CHECK APP "LAKESIDE SPORTSCLUB" **GYMLIFE / BOOKING / ALLE KURSE** FOR THE CURRENT SCHEDULE CHECK OUR APP