

## GROUP SOMMERPAUSE

1. JULI – 18. AUGUST 2024

MO	09:15 – 10:15 18:15 – 19:15	PILATES THAI BOX FITNESS	GEORGIANA YVES
TU	09:00 – 10:00 12:00 – 13:00 18:15 – 19:00 19:15 – 20:15	YOGA FLOW PUMP CORE YIN YOGA	CLAUDIA MARIE-LOUISE JACQUELINE ANJA
WE	09:00 – 10:00 12:00 – 13:00 18:15 – 19:30	FUNCTIONAL TRAINING HATHA YOGA FUNCTIONAL & STRETCH	ANITA ANJA ANITA
TH	09:00 – 10:00 18:15 – 19:15	YOGA PILATES FUSION THAI BOX FITNESS	SERAINA YVES
FR	09:00 – 10:00 12:00 – 13:00	MEDITATION YOGA	ANJA ANJA / MICHAELA
SA	09:15 – 10:15 10:30 – 11:45	CORE PUMP	JACQUELINE ANITA
SU	09:30 – 10:30	YOGA	MICHAELA

**CHECK APP FOR DAILY UPDATES**