

# GROUP FRÜHLINGSFERIEN

## 21. – 27. APRIL 2025

CHECK APP FOR DAILY UPDATES!

MO	OSTERMONTAG		
	08:00 – 14:00	BETREUTE ZEITEN GYM	
	12:00 – 13:00	DANCE & TONE	<b>INA</b>
DI	12:00 – 13:00	PILATES	<b>SERAINA</b>
	18:15 – 19:00	CORE	<b>JACQUELINE</b>
	19:15 – 20:15	YIN YOGA	<b>JACQUELINE</b>
MI	09:00 – 09:45	CIRCUIT	<b>YASIN</b>
	18:15 – 19:30	FUNCTIONAL & STRETCH	<b>ANITA</b>
DO	09:00 – 10:00	YOGA PILATES FUSION	<b>SERAINA</b>
	18:15 – 19:15	HATHA YOGA	<b>ANJA</b>
FR	09:00 – 10:00	YOGA FLOW	<b>ANETTE</b>
	12:00 – 13:00	LUNCH YOGA	<b>ANETTE</b>
SA	08:00 – 16:00	BETREUTE ZEITEN GYM	
	10:00 – 11:00	CORE	<b>JACQUELINE</b>
SO	08:00 – 16:00	BETREUTE ZEITEN GYM	
	10:30 – 11:20	HIIT	<b>IDAEL</b>
	11:30 – 12:30	LATIN DANCE	<b>IDAEL</b>
	17:00 – 18:30	YOGA	<b>ANETTE</b>

