

# GROUP FRÜHLINGSFERIEN

## 28. APRIL – 4. MAI 2025

**CHECK APP FOR DAILY UPDATES!**

MO	18:00 – 19:15	YOGA	<b>ANETTE</b>
	19:30 – 20:20	CORE	<b>MAJA</b>
DI	09:00 – 10:00	YOGA	<b>SERAINA</b>
	18:15 – 19:00	CORE	<b>JACQUELINE</b>
	19:15 – 20:15	YIN YOGA	<b>JACQUELINE</b>
MI	06:30 – 07:20	EARLY BIRD	<b>MAJA</b>
	18:15 – 19:30	FUNCTIONAL & STRETCH	<b>ANITA</b>
DO	10:00 – 11:00	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	09:15 – 10:15	CORE	<b>JACQUELINE</b>
	10:30 – 11:30	PUMP	<b>ANITA</b>
	08:00 – 16:00	BETREUTE ZEITEN GYM	
SO	10:30 – 11:20	HIIT	<b>IDAEL</b>
	11:30 – 12:30	LATIN DANCE	<b>IDAEL</b>
	17:00 – 18:00	PUMP	<b>ANITA</b>
	08:00 – 16:00	BETREUTE ZEITEN GYM	

