

## GROUP CLASSES 2025

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<b>MO</b>	09:00 – 10:00	PILATES	MICHELLE
	<b>12:00 – 13:00</b>	<b>DANCE &amp; TONE</b>	<b>INA</b>
	18:00 – 19:15	YOGA FLOW	ANETTE
	<b>19:30 – 20:30</b>	<b>CORE</b>	<b>MAJA</b>
<b>DI</b>	09:00 – 10:00	YOGA	CLAUDIA
	12:00 – 13:00	PILATES	MICHELLE
	18:15 – 19:15	PUMP	MICHELLE
	19:30 – 20:30	YIN YOGA	MICHELLE
<b>MI</b>	<b>06:30 – 07:20</b>	<b>EARLY BIRD KONDI</b>	<b>MAJA</b>
	09:00 – 10:00	DANCE & TONE	INA
	18:15 – 19:10	FUNCTIONAL	ANITA
	19:15 – 20:15	STRETCH / FASZIEN	ANITA
<b>DO</b>	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 13:00	PUMP	MICHELLE
	<b>18:15 – 19:15</b>	<b>HATHA YOGA</b>	<b>ANJA</b>
<b>FR</b>	09:00 – 10:00	YOGA FLOW	ANETTE
	12:00 – 13:00	LUNCH FLOW	ANETTE
<b>SA</b>	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:30	PUMP	ANITA
<b>SO</b>	10:30 – 11:20	HIIT	IDAEL
	11:30 – 12:30	LATIN DANCE	IDAEL
	17:00 – 18:30	YOGA	ANETTE

**DAILY UPDATES & SIGN IN PLS CHECK OUR APP!**