

GROUP CLASSES 2025

MO	09:00 – 10:00	PILATES	MICHELLE
	12:00 – 13:00	DANCE & TONE	INA
	18:00 – 19:15	YOGA FLOW	ANETTE
	19:30 – 20:15	JUMP & TONE	MAJA

DI	09:00 – 10:00	YOGA	CLAUDIA
	12:00 – 13:00	PILATES	MICHELLE
	18:15 – 19:15	PUMP	MICHELLE
	19:30 – 20:15	YIN YOGA	MICHELLE

MI	06:30 – 07:15	EARLY BIRD	MAJA
	09:00 – 10:00	DANCE & TONE	INA
	18:15 – 19:15	FUNCTIONAL	ANITA
	19:30 – 20:15	STRETCH / FASZIEN	ANITA

DO	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 13:00	PUMP	MICHELLE
	18:15 – 19:15	HATHA YOGA	ANJA

FR	09:00 – 10:00	YOGA FLOW	ANETTE
	12:00 – 13:00	LUNCH FLOW	ANETTE

SA	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:30	PUMP	ANITA

SO	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!