

GROUP CLASSES JUNI / JULI 2025

MO	09:00 – 10:00	PILATES	MICHELLE
	12:00 – 13:00	LATIN DANCE & TONE	INA
	18:00 – 19:15	YOGA FLOW	ANETTE
	19:30 – 20:30	PUMP	STEFFI
DI	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
MI	06:30 – 07:20	JUMP & TONE	MAJA
	09:00 – 10:00	LATIN DANCE & TONE	INA
	18:15 – 19:15	FUNTIONAL	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

- AKTUELLE KURSE – **PLS SIGN IN VIA LAKESIDE APP**
- DER KURSPLAN WIRD SAISONAL UND AN FEIERTAGEN ANGEPASST