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Sommerferien vom 14. – 20. Juli 2025

MO	09:00 – 10:00 19:30 – 20:30	PILATES PUMP	MICHAELA STEFFI
DI	09:00 – 10:00 12:00 – 13:00 18:15 – 19:15	YOGA PILATES CORE	CLAUDIA SERAINA JACQUELINE
MI	06:30 – 07:20 18:15 – 19:30	JUMP & TONE PUMP	MAJA STEFFI
DO	09:00 – 10:00 18:15 – 19:15	YOGA PILATES FUSION HATHA YOGA	SERAINA ANJA
FR	09:00 – 10:00	YOGA FLOW	ANNEMIE
SA	09:15 – 10:15 10:30 – 11:30	CORE HATHA YOGA	JACQUELINE MARCELA
SO	10:30 – 11:20 11:30 – 12:30	HIIT LATIN DANCE	IDAEI IDAEI

ALLE DATEN SIND IN UNSERER APP - JEDEN TAG AKUTELL:

- BITTE IMMER EINSCHREIBEN!
- ALWAYS SIGN IN FOR CLASSES

