

Here's the lineup for our Open Doors Day Thursday, July 10th, 2025

09:00 - 10:00	Yoga Pilates Fusion	Seraina
12:00 - 13:00	Pump	Anita and DJ YZ-Vision
18:15 - 20:15	Latin Dance	Ina and Idael



All Day Long: Free guided tours, open training areas, and free training sessions. Bring your friends and family – the more, the merrier!

Refresh and Recharge: Enjoy summer drinks including **ice-cold Piña Colada** (with optional Bacardi shot), **protein shakes**, and energy bar tastings!

Special Members Bonus: Get an extra month when you refer a new annual membership. It's our way of saying thanks!

New Members, This Is Your Moment!

"Stretch the Flexx!" – Our exclusive summer offer for new members. Only in July: Join now and start your flexible fitness journey!

Happy Summerholidays
Your Lakeside Sportsclub Team