



## Kurse ab 17.8.25 - verliebe dich ins Training

|    |               |                     |               |
|----|---------------|---------------------|---------------|
| 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 | CORE                | JACQUELINE    |
|    | 19:30 – 20:30 | HATHA YOGA          | MARCELA       |
| MI | 06:30 – 07:20 | JUMP & TONE         | MAJA          |
|    | 09:00 – 10:00 | LATIN DANCE & TONE  | INA           |
|    | 18:15 – 19:15 | FUNCTIONAL          | ANITA         |
|    | 19:25 – 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 | 08:00 – 09:00 | HATHA YOGA          | MARCELA       |
|    | 09:15 – 10:15 | CORE                | JACQUELINE    |
|    | 10:30 – 11:30 | PUMP                | ANITA         |
|    | 11:45 – 12:45 | WEEKEND SPECIAL *** | MAJA / STEFFI |
| SO | 09:00 – 10:00 | WEEKEND SPECIAL *** | MAJA / STEFFI |
|    | 10:30 – 11:20 | HIIT                | IDAEL         |
|    | 11:30 – 12:30 | LATIN DANCE         | IDAEL         |
|    | 17:00 – 18:30 | YOGA                | ANETTE        |

\*\*\* WEEKEND SPECIALS UNREGELMÄSSIG, SIEHE APP / JUMP & TONE ODER PUMP

- ALLE DATEN SIND IN UNSERER APP - JEDEN TAG AKUTELL
- BITTE FÜR KURSE IMMER EINSCHREIBEN!
- ALWAYS SIGN IN FOR CLASSES