

Unser Kursplan - 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
	19:30 – 20:30	ZUMBA	MALENA
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