

## KURSPLAN 2026

MO	09:00 – 10:00	PILATES	MICHELLE
	10:15 – 11:15	HATHA YOGA	MARCELA
	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	FUNCTIONAL	ANITA
	19:25 – 20:15	STRETCH / FASZIEN	ANITA
MI	06:30 – 07:20	JUMP & TONE	MAJA
	09:00 – 10:00	LATIN DANCE & TONE	INA
	12:00 – 13:00	PILATES	SERAINA
	18:15 – 19:15	CORE	JACQUELINE
	19:25 – 20:00	M.A.X. ®	MAJA
DO	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 13:00	PUMP	MICHELLE
	17:30 – 18:30	ZUMBA	MALENA
	18:45 – 19:45	HATHA YOGA	ANJA
FR	09:00 – 10:00	YOGA FLOW	ANETTE
	12:00 – 13:00	LUNCH FLOW	ANETTE
	17:30 – 18:15	BOOTCAMP (IM EG)	TRAINER TEAM
SA	09:30 – 10:30	CORE	JACQUELINE
	10:45 – 11:45	PUMP	ANITA
SO	09:15 – 10:15	HATHA YOGA	MARCELA
	10:30 – 11:20	HIIT	IDAEL
	11:30 – 12:30	LATIN DANCE	IDAEL
	17:00 – 18:30	YOGA	ANETTE

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- AB & ZU WEEKEND SPECIALS DIVERSE KURSE, SIEHE APP
  - ALLE KURSE SIND TÄGLICH AKTUALISIERT IN UNSERER APP
  - FÜR KURSE IMMER EINSCHREIBEN! / ALWAYS SIGN IN FOR CLASSES