

## GROUP 9. – 15. Februar 2026

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|----|---------------|---------------------|--------------|
| MO | 09:00 – 10:00 | PILATES             | MICHELLE     |
|    | 10:15 – 11:15 | HATHA YOGA          | MARCELA      |
|    | 18:00 – 19:15 | YOGA FLOW           | JACQUELINE   |
|    | 19:30 – 20:30 | PUMP                | STEFFI       |
| DI | 12:00 – 13:00 | PILATES             | MICHELLE     |
|    | 18:15 – 19:15 | FUNCTIONAL          | ANITA        |
| MI | 06:30 – 07:20 | JUMP & TONE         | MAJA         |
|    | 12:00 – 13:00 | PILATES             | CARRON       |
|    | 18:15 – 19:15 | CORE                | JACQUELINE   |
|    | 19:25 – 20:00 | M.A.X. ®            | MAJA         |
| DO | 09:00 – 10:00 | YOGA PILATES FUSION | MICHAELA     |
|    | 12:00 – 13:00 | PUMP                | MICHELLE     |
|    | 18:15 – 19:15 | HATHA YOGA          | ANJA         |
| FR | 09:00 – 10:00 | HATHA YOGA          | MARCELA      |
|    | 17:30 – 18:15 | BOOTCAMP (IM EG)    | TRAINER TEAM |
| SA | 11:00 – 11:35 | M.A.X. ®            | MAJA         |
|    | 11:45 – 12:45 | PUMP                | STEFFI       |
| SO | 09:15 – 10:05 | JUMP & TONE         | MAJA         |
|    | 10:15 – 11:15 | PUMP                | STEFFI       |
|    | 11:30 – 12:30 | ZUMBA               | MALENA       |
|    | 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](#)