

## GROUP 16. - 22. Februar 2026

|    |               |                     |              |
|----|---------------|---------------------|--------------|
| MO | 09:00 – 10:00 | PILATES             | SERAINA      |
|    | 10:15 – 11:15 | HATHA YOGA          | MARCELA      |
|    | 12:00 – 13:00 | LATINDANCE & TONE   | INA          |
|    | 18:00 – 19:15 | YOGA FLOW           | ANETTE       |
|    | 19:30 – 20:30 | PUMP                | STEFFI       |
| DI | 09:00 – 10:00 | YOGA                | CLAUDIA      |
|    | 18:15 – 19:15 | FUNCTIONAL          | ANITA        |
| MI | 06:30 – 07:20 | JUMP & TONE         | MAJA         |
|    | 09:00 – 10:00 | LATINDANCE & 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      |
|    | 18:15 – 19:15 | HATHA YOGA          | ANJA         |
|    | 19:30 – 20:30 | ZUMBA               | MALENA       |
| FR | 09:00 – 10:00 | YOGA FLOW           | ANETT E      |
|    | 17:30 – 18:15 | BOOTCAMP (IM EG)    | TRAINER TEAM |
| SA | 09:30 – 10:30 | CORE                | JACQUELINE   |
|    | 10:45 – 11:20 | M.A.X. ®            | MAJA         |
| 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](#)