

## SOMMER KURSPLAN 2026

MO	08:45 – 09:35	PILATES CLASSICAL MAT	MICHELLE
	09:45 – 10:40	PILATES REFORMER MAT	MICHELLE
	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
	12:00 – 13:00	PILATES	MICHELLE
	18:15 – 19:15	FUNCTIONAL	ANITA
	18:15 – 19:15	<b>LAUFTRAINING OUTDOOR</b>	<b>MAJA</b>
	19:25 – 20:15	STRETCH / FASZIEN	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
	19:30 – 20:30	HATHA YOGA	ANJA
DO	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 13:00	PUMP	MICHELLE
	18:15 – 19:15	ZUMBA	MALENA
FR	09:00 – 10:00	YOGA FLOW	ANETTE
	12:00 – 13:00	LUNCH FLOW	ANETTE
	17:30 – 18:15	BOOTCAMP (IM EG)	FITNESSTRAINER
SA	09:00 – 10:00	CORE	JACQUELINE
	10:15 – 11:15	PUMP	ANITA
SO	09:15 – 10:15	HATHA YOGA	MARCELA
	10:30 – 11:20	HIIT	* DANCETEAM
	11:30 – 12:30	LATIN DANCE	* DANCETEAM
	17:00 – 18:30	YOGA	ANETTE

- \* DANCETEAM: IDAEL, INA, MALENA
- 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