

SOMMER KURSPLAN 2026

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| 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 | LAUFTRAINING OUTDOOR | MAJA |
| | 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