

## Kursplan ab 17. August 2026

|    |                      |                              |                       |
|----|----------------------|------------------------------|-----------------------|
| MO | 08:45 – 09:35        | PILATES CLASSICAL MAT        | MICHELLE              |
|    | 09:45 – 10:40        | PILATES CLASSICAL MAT        | MICHELLE              |
|    | <b>12:00 – 13:00</b> | <b>BODYTONIG</b>             | <b>INA</b>            |
|    | 18:00 – 19:15        | YOGA FLOW                    | ANETTE                |
|    | 19:30 – 20:30        | PUMP                         | STEFFI                |
| DI | <b>09:00 – 10:00</b> | <b>PUMP</b>                  | <b>ANITA</b>          |
|    | 12:00 – 13:00        | PILATES                      | MICHELLE              |
|    | 18:15 – 19:15        | FUNCTIONAL                   | ANITA                 |
|    | <b>19:25 – 20:15</b> | <b>YIN YOGA</b>              | <b>MARCELA</b>        |
| MI | 06:30 – 07:20        | JUMP & TONE                  | MAJA                  |
|    | 09:00 – 10:00        | LATINDANCE & TONE            | INA                   |
|    | 12:00 – 13:00        | PILATES                      | SERAINA               |
|    | <b>18:00 – 19:00</b> | <b>RUNNING 16.9.-28.10.</b>  | <b>MAJA</b>           |
|    | 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              |
|    | <b>18:30 – 19:30</b> | <b>PUMP</b>                  | <b>MAJA / STEFFI</b>  |
| FR | 09:00 – 10:00        | YOGA FLOW                    | ANETTE                |
|    | 12:00 – 13:00        | LUNCH FLOW                   | ANETTE                |
|    | <b>17:30 – 18:15</b> | <b>BOOTCAMP ab September</b> | <b>FITNESSTRAINER</b> |
| SA | 09:00 – 10:00        | CORE                         | JACQUELINE            |
|    | 10:15 – 11:15        | PUMP                         | ANITA                 |
| SO | 09:15 – 10:15        | HATHA YOGA                   | MARCELA               |
|    | <b>10:30 – 11:30</b> | <b>POWERMIX (SIEHE APP)</b>  | <b>TEAM</b>           |
|    | 17:00 – 18:30        | YOGA                         | ANETTE                |

- ALLE KURSE SIND TÄGLICH AKTUALISIERT IN UNSERER APP
- FÜR KURSE IMMER EINSCHREIBEN! / ALWAYS SIGN IN FOR CLASSES

