

GROUP HERBST 2024

MO	09:00 – 10:00	PILATES	MICHELLE
	18:00 – 19:15	YOGA FLOW	ANETTE
	19:30 – 20:30	BOOT CAMP	YVES
TU	09:00 – 10:00	YOGA FLOW	CLAUDIA
	12:00 – 13:00	PILATES	MICHELLE
	18:15 – 19:10	PUMP	MICHELLE
	19:15 – 20:15	YIN YOGA	MICHELLE
WE	09:00 – 10:00	ZUMBA	INA
	12:00 – 13:00	PUMP	MICHELLE
	18:15 – 19:10	FUNCTIONAL	ANITA
	19:15 – 20:15	STRETCH / FASZIEN	ANITA
TH	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 13:00	YOGA SUN	ANJA
	18:15 – 19:15	CORE	JACQUELINE
	19:30 – 20:30	BOOT CAMP	YVES
FR	09:00 – 10:00	YOGA FLOW	ANETTE
	12:00 – 13:00	LUNCH FLOW	ANETTE
SA	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:45	PUMP	ANITA
SU	10:30 – 11:20	HIIT	IDAEL
	11:30 – 12:30	DANCE	IDAEL
	17:00 – 18:30	YOGA	ANETTE / MICHAELA