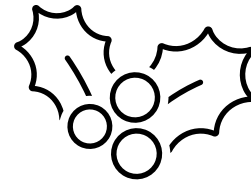


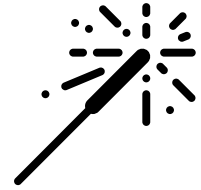
WEIHNACHTEN GROUP



MO 23	10:00 – 11:00	DANCE	INA
	18:00 – 19:00	CIRCUIT TRAINING	STEFFI
TU 24	13:00 – 14:00	BODYTONING	MAJA
WE 25		FROHE WEIHNACHTEN	
TH 26	10:30 – 11:30	YOGA	MICHAELA
FR 27	12:00 – 13:00	YOGA	SERAINA
	17:00 – 18:00	PILATES	MAJA
SA 28	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:30	ENDURANCE	MAJA
SU 29	10:30 – 11:20	HIIT	IDAEL
	11:30 – 12:30	DANCE	IDAEL

DAILY UPDATES & SIGN IN ON APP!

SILVESTER / NEUJAHR GROUP



MO 30	10:00 – 11:00	BODYTONING	DESIREE
	17:00 – 18:00	STRETCHING	MAJA
TU 31	10:00 – 11:00	DANCE	INA
WE 01		HAPPY NEW YEAR	
TH 02	10:00 – 11:00	PILATES	MAJA
FR 03	10:00 – 11:00	DANCE	INA
	17:00 – 18:00	ENDURANCE	MAJA
SA 04	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:30	PUMP	ANITA
SU 05	10:30 – 11:20	HIIT	IDAEL
	11:30 – 12:30	DANCE	IDAEL

DAILY UPDATES & SIGN IN ON APP!