

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			07:30–08:00h Online Atem-Meditation Eliza Neo	08:30–09:30h Online Ashtanga Yoga Marta Koch	09:00–10:00h Online Tai Chi Yuki Tanji	
			08:00–09:00h Online Vinyasa Flow Yoga Melody Yoko	12:30–13:30h Indoor Fitness Kickboxing Yuli Lam	09:30–10:30h Indoor / Online Vinyasa Flow Yoga Jessica Schick	
12:30–13:30h Indoor / Online Yoga for Martial Arts Lee-Mei Cong	12:30–13:30h Indoor / Online Fitness Boxing Enrico Vinyasa Flow Yoga Marta Koch	17:30–18:30h Indoor Kickboxing Beginner Yi-Chung Chen	12:30–13:30h Indoor Kick Fit Diego Beleche Power Yoga Misa	17:30–18:30h Indoor Fitness Boxing Dennis Unterweger	10:45–11:45h Indoor Women's Kickboxing Shanice Danz	
	17:30–18:30h Indoor Boxing Dennis Unterweger	17:30–18:30h Indoor / Online Vinyasa Flow Yoga Javi de la Rosa	17:30–18:30h Indoor Muay Thai Arcangelo Bove	18:00–19:00h Indoor / Online Beginner Vinyasa Yoga Ella Bahry	12:00–13:00h Indoor Muay Thai Shanice Danz	
18:00–19:00h Indoor / Online Vinyasa Flow Yoga Ella Bahry		18:45–19:45h Indoor Fitness Kickboxing Yi-Chung Chen	18:00–19:00h Indoor / Online Yoga for Martial Arts Lee-Mei Cong	18:45–19:45h Indoor Fitness Kickboxing Yi-Chung Chen		
18:45–19:45h Indoor Muay Thai Shanice Danz	18:45–19:45h Indoor Muay Thai Beginner Arcangelo Bove	19:00–20:00h Online + Outdoor Chimosa HIIT Marva Kübler	18:45–19:45h Indoor Fitness Kickboxing Yi-Chung Chen	19:15–20:15h Indoor / Online Vinyasa Flow Yoga Ella Bahry		19:00–20:00h Online + Outdoor Chimosa HIIT Marva Kübler
20:00–21:00h Indoor Muay Thai Beginner Shanice Danz	18:45–19:45h Online Vinyasa Flow Yoga Marta Koch	20:00–21:00h Indoor Boxing Yi-Chung Chen	19:15–20:15h Indoor / Online Vinyasa Flow Yoga Madeleine Klammer			
20:00–21:00h Online Fitness Boxing Yi-Chung Chen	20:00–21:00h Indoor Muay Thai Arcangelo Bove		20:00–21:00h Indoor Kickboxing Enrico Alva Diaz	20:00–21:00h Indoor Boxing Yi-Chung Chen		
	20:00–21:00h Online Yin & Sound Yoga Eliza Neo					

SCHEDULE

KURSPLAN

VALID FROM JANUARY 2022



Martial Arts
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Fitness
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