

July Specials

Subscribe on the Mindbody-App or inform us (via E-Mail, call or personal contact). The Events will take place no matter what weather. Gear up accordingly.

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|-----------|----------------------------|---------------|----------------------------------|
| Sunday | July 5 th 2020 | 09:30 – 11:00 | Outdoor Bootcamp with Jarred |
| | | 11:00 – 12:00 | Naam Yoga with Jacqueline |
| Wednesday | July 8 th 2020 | 07:00 – 07:30 | Morning Meditation with Jarred |
| Sunday | July 12 th 2020 | 09:30 – 11:00 | Outdoor Parkour with JD |
| | | 11:00 – 12:00 | Mobility with Jarred |
| Sunday | July 19 th 2020 | 09:30 – 11:00 | Outdoor Bike and Pump with Anita |
| | | 11:00 – 12:00 | Naam Yoga with Jacqueline |
| Sunday | July 26 th 2020 | 09:30 – 11:00 | Outdoor HIIT with JD |
| | | 11:00 – 12:00 | Mobility with Jarred |
| Wednesday | July 29 th 2020 | 07:00 – 07:30 | Morning Meditation with Jarred |

