




KURSE

gültig ab
01/10

“ IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU!

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SA	SO
09.30 – 10.30 Bodyforming Evija		09.30 – 10.30 Pilates Hanadi		09.30 – 10.30 Rücken Fit Daniela		09.30 – 10.30 Fit Mix Gabi		09.30 – 10.30 Zumba® Elizabeth			09.30 – 10.30 Rücken Fit Jenny
		10.30 – 11.30 WORLD JUMPING® Dieter					10.30 – 11.30 WORLD JUMPING® Elizabeth			10.30 – 11.30 BODYATTACK® Torsten	10.30 – 11.30 Fit Mix Michaela/Jenny
											11.30 – 12.00 Bauch intensiv Torsten
		18.00 – 18.30 GRIT® Team				17.30 – 18.30 Zumba® Annkatrin	17.30 – 18.30 Pilates Elena U.		17.30 – 18.30 Pilates Irene		11.30 – 12.00 GRIT® Team
18.00 – 19.00 BODYPUMP® Micha	18.00 – 19.00 Bodyforming Lisa	18.30 – 19.00 Bauch intensiv Basti			18.00 – 19.00 Zumba® Anna	18.00 – 19.00 Zumba® Evelyn	18.00 – 19.00 Bodyforming Saskia	18.30 – 19.30 BODYPUMP® Christina	18.30 – 19.00 Bauch intensiv Fabian	18.00 – 19.00 BODYPUMP® Nora	18.30 – 19.30 Zumba® Evelyn
19.10 – 20.10 WORLD JUMPING® Lisa	19.00 – 20.00 Pilates Carmen M.	19.00 – 20.00 BOP Gabi	19.00 – 20.00 BODY ATTACK® Team	19.00 – 20.00 WORLD JUMPING® Petra	19.00 – 20.00 Rücken Fit Saskia	19.45 – 20.45 WORLD JUMPING® Lisa	19.00 – 20.00 Box-Fitness Fabian	19.15 – 20.15 WORLD JUMPING® Alicia			
20.10 – 20.40 GRIT® Team	20.00 – 21.00 Rücken Fit Basti	20.00 – 21.00 WORLD JUMPING® Elizabeth	20.00 – 20.30 STRETCH & RELAX Nora	20.00 – 21.00 BODYPUMP® Saskia							

Öffnungszeiten: Mo – Fr 09.00 – 22.30 Uhr | Sa, So & feiertags 09.00 – 20.00 Uhr

Allgemeine Kursinformationen: 🌐 www.die-fitness-lofts.de | 📘 www.facebook.com/die.Fitness.Lofts

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