

Denzlingen

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 – 10.30 Fit Mix		09.30-10.30 Bodega Moves			10.00 – 11.00 BodyPump	10.30 – 11.00 Bauch intensiv
10.30-11.00 Mobility		10.30-11.00 Mobility			11.15 – 11.45 Grit	11.00 – 12.00 BodyAttack
					11.45 – 12.15 Mobility	
17.30 – 18.30 BodyPump	17.00 – 18.00 Zumba	17.00 – 18.00 BodyPump		17.00 – 17.30 Bauch intensiv		
18.40 – 19.10 Grit	18.00 – 18.30 bootyBoost	18.10 – 19.10 BodyAttack	17.45 – 18.45 BodyPump	17.30 – 18.00 Mobility		
19.10 – 19.40 Bauch intensiv	18.30 – 19.30 BodyPump	19.10 – 19.40 Bauch intensiv	19.00 – 20.00 Dance	18.00 – 19.00 Athletik		
19.40 – 20.10 Mobility						



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

Allgemeine Kursinformationen: www.fitness-lofts.de | [/die.Fitness.Lofts](https://www.facebook.com/die.Fitness.Lofts) | [@fitnesslofts](https://www.instagram.com/fitnesslofts)

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