

# KURSE

GÜLTIG AB 14. OKTOBER 2019

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

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
09.30 – 10.30 Zumba	09.30 – 10.30 Rücken Fit		09.30 – 10.30 BodyPump		10.30 – 11.30 World Jumping	10.00 – 10.30 Grit	
							
17.30 – 18.30 Bodyforming	17.50 – 18.20 Grit	18.30 – 19.30 Zumba		17.50 – 18.20 Grit			
18.30 – 19.30 World Jumping	18.30 – 19.30 BodyAttack	19.30 – 20.00 Bauch intensiv	18.00 – 19.00 World Jumping	18.30 – 19.30 BodyPump			
19.30 – 20.30 Zumba Toning	19.30 – 20.30 BodyPump	20.00 – 21.00 Tôso X	19.00 – 20.00 Rücken Fit	19.45 – 20.15 Bauch intensiv			

Öffnungszeiten: Mo, Mi, Fr 07.00 – 22.30 Uhr | Di & Do 09.00 – 22.30 Uhr | Sa, So & Feiertage 09.00 – 20.00 Uhr  
 Allgemeine Kursinformationen: [www.fitnessloft-loerrach.de](http://www.fitnessloft-loerrach.de) | [www.facebook.com/die.Fitness.Lofts](https://www.facebook.com/die.Fitness.Lofts)  
 Fitness-Loft Lörrach | Weiler Str. 7 | 79540 Lörrach | Telefon 07621 - 68 75 20

**Fitness-Loft**  
LÖRRACH