

KURSE

GÜLTIG AB 5. OKTOBER 2020

“Es wird nicht
LEICHTER –
DU WIRST
STÄRKER!”

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SA	SO
09.30 – 10.30 Bodyforming	09.30 – 10.30 Pilates	09.30 – 10.30 Rücken Fit	09.30 – 10.30 Pilates	09.30 – 10.30 Zumba	09.30 – 10.30 BodyBalance	09.30 – 10.30 Rücken Fit
10.30 – 11.00 Bauch intensiv				10.30 – 11.30 World Jumping	10.30 – 11.30 BodyAttack	10.30 – 11.30 Dance
					11.30 – 12.00 Bauch intensiv	11.30 – 12.00 barre
17.00 – 17.30 Mobility	17.00 – 17.30 Bauch intensiv	17.00 – 17.30 Grit				12.00 – 12.30 Bauch intensiv
17.30 – 18.30 BodyPump	17.30 – 18.30 BodyAttack	17.30 – 18.30 Zumba	17.00 – 18.00 Dance	17.00 – 18.00 Pilates		
18.45 – 19.45 Bodyforming	18.30 – 19.30 Zumba	18.30 – 19.30 Bodyforming	18.00 – 19.00 BodyBalance	18.00 – 19.00 BodyPump		
19.45 – 20.45 World Jumping	19.30 – 20.30 BOP	19.30 – 20.30 World Jumping	19.00 – 20.00 BodyPump	19.15 – 20.15 Zumba		
	20.30 – 21.30 BodyBalance	20.30 – 21.30 BodyPump	20.15 – 20.45 Grit			

Öffnungszeiten: Mo, Mi & Fr 09.00 – 22.30 Uhr | Di & Do 07.00 – 22.30 Uhr | Sa, So & feiertags 09.00 – 20.00 Uhr

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

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Fitness-Loft
BE PART OF THE FAMILY