

# KURSE

GÜLTIG AB 1. JANUAR 2022

| MONTAG  | DIENSTAG                                      | MITTWOCH  | DONNERSTAG                                    | FREITAG   | SAMSTAG                                      | SONNTAG                                    |
|---|---|---|---|---|--|--|
|   | 09.30 – 10.30<br><b>Pilates</b><br>Raum 1     | 09.30 – 10.30<br><b>Mobility</b><br>Raum 1      | 09.30 – 10.30<br><b>Pilates</b><br>Raum 1     | 09.30 – 10.30<br><b>Dance</b><br>Raum 1         | 09.30 – 10.30<br><b>Pilates</b><br>Raum 1    | 09.30 – 10.30<br><b>Mobility</b><br>Raum 1 |
| 10.00 – 11.00<br><b>BodyBalance</b><br>Raum 1   |   |   |   | 10.30 – 11.30<br><b>World Jumping</b><br>Raum 1 | 10.30 – 11.30<br><b>BodyAttack</b><br>Raum 1 | 10.30 – 11.30<br><b>Dance</b><br>Raum 1    |
|   |   |   |   |   | 11.30 – 12.00<br><b>Core</b><br>Raum 1       | 11.00 – 11.45<br><b>barre</b><br>Raum 2    |
|   | 17.00 – 17.30<br><b>Core</b><br>Raum 2        |   | 17.00 – 18.00<br><b>Dance</b><br>Raum 1       |   |  | 12.00 – 12.30<br><b>Core</b><br>Raum 2     |
| 17.30 – 18.30<br><b>BodyPump</b><br>Raum 1      | 17.30 – 18.30<br><b>BodyAttack</b><br>Raum 2  | 17.30 – 18.30<br><b>Dance</b><br>Raum 1         | 17.00 – 18.00<br><b>Pilates</b><br>Raum 2     |   |  |  |
| 17.30 – 18.30<br><b>Bodyforming</b><br>Raum 2   | 17.45 – 18.15<br><b>Grit</b><br>Raum 1        | 18.30 – 19.30<br><b>Bodyforming</b><br>Raum 1   | 18.00 – 19.00<br><b>BodyBalance</b><br>Raum 1 | 17.00 – 18.00<br><b>Pilates</b><br>Raum 1       |  |  |
| 18.30 – 19.30<br><b>BodyAttack</b><br>Raum 2    | 18.30 – 19.30<br><b>Dance</b><br>Raum 1       | 19.30 – 20.30<br><b>World Jumping</b><br>Raum 1 | 18.00 – 19.00<br><b>BodyCombat</b><br>Raum 2  | 18.00 – 19.00<br><b>BodyPump</b><br>Raum 1      |  |  |
| 18.45 – 19.45<br><b>World Jumping</b><br>Raum 1 | 18.30 – 19.30<br><b>BodyBalance</b><br>Raum 2 | 19.30 – 20.15<br><b>barre</b><br>Raum 2         | 19.00 – 20.00<br><b>BodyPump</b><br>Raum 1    | 18.00 – 19.00<br><b>Dance</b><br>Raum 2         |  |  |
| 19.30 – 20.30<br><b>BodyCombat</b><br>Raum 2    | 19.30 – 20.30<br><b>Bodyforming</b><br>Raum 1 | 20.30 – 21.30<br><b>BodyPump</b><br>Raum 1      | 19.00 – 19.30<br><b>Grit</b><br>Raum 2        |   |  |  |



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

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

Fitness-Loft Haid | Waltershofer Str. 2 | 79111 Freiburg | Telefon 0761 – 55 65 59 33

**Fitness-Loft**  
BE PART OF THE FAMILY