



KURSE

GÜLTIG AB 1. JULI 2022

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	09.30 – 10.30 Pilates	09.30 – 10.30 BodyPump	09.30 – 10.30 Pilates	09.30 – 10.30 Pilates		
	10.30 – 11.00 Mobility		10.30 – 11.00 Mobility		10.30 – 11.30 Dance	10.30 – 11.30 Cardio
					11.30 – 12.30 World Jumping	11.30 – 12.30 Bodyforming
16.30 – 17.30 Pilates				16.00 – 17.00 BodyPump		
17.30 – 18.30 BodyPump	17.30 – 18.30 World Jumping	18.00 – 18.30 Core		17.15 – 18.15 Dance		
18.45 – 19.45 Dance	18.30 – 20.00 Cardio	18.30 – 19.30 Bodyforming	18.00 – 18.30 bootyBoost			
		19.30 – 20.30 Dance	18.30 – 19.30 World Jumping			

Öffnungszeiten: Mo – Fr 9.00 – 22.00 Uhr | Sa, So & feiertags 10.00 – 18.00 Uhr

Allgemeine Kursinformationen:  www.fitnessloft-woman.de |  @die.Fitness.Lofts |  @fitnesslofts

Fitness-Loft Woman | Mooswaldallee 4 | 79108 Freiburg | Telefon 0761 – 88 15 99 31

Fitness-Loft
WOMAN