

# KURSE

GÜLTIG AB 01. APRIL 2024

| MONTAG                    | DIENSTAG   | MITTWOCH                     | DONNERSTAG                   | FREITAG                      | SAMSTAG   | SONNTAG                   |
|---------------------------|--|------------------------------|------------------------------|------------------------------|---|---------------------------|
|                           |  | 09.00 – 10.00<br>Bodyforming |                              | 09.30 – 10.00<br>Mobility    | 10.00 – 10.30<br>Grit   |                           |
| 10.30 – 11.30<br>Mobility | 10.00 – 11.00<br>Bodyforming                       | 10.00 – 11.00<br>Mobility    | 10.00 – 11.00<br>Rückenfit   | 10.00 – 11.00<br>Pilates     | 10.30 – 11.30<br>Dance  | 10.30 – 11.30<br>BodyPump |
| 17.00 – 18.00<br>Dance    |  | 17.30 – 18.30<br>BodyPump    | 17.30 – 18.30<br>Bodyforming | 17.00 – 18.00<br>Bodyforming |  | 11.45 – 12.45<br>Mobility |
| 18.00 – 18.30<br>Core     | 17.30 – 18.30<br>Step                              | 18.45 – 19.15<br>Mobility    | 18.30 – 19.00<br>Core        | 18.00 – 19.00<br>Mobility    |   | 17.30 – 18.30<br>Yoga     |
| 18.30 – 19.30<br>BodyPump | 18.30 – 19.30<br>Dance                             | 19.15 – 19.45<br>Grit        | 19.00 – 20.00<br>BodyPump    |                              |   |                           |
| 19.45 – 20.45<br>Pilates  | 19.00 – 19.30<br>Functional Fit<br>Trainingsfläche |                              |                              |                              |   |                           |

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

**Allgemeine Informationen:** 🌐 [www.fitnessloft-breisach.de](http://www.fitnessloft-breisach.de) | [f /die.Fitness.Lofts](https://www.facebook.com/die.Fitness.Lofts) | [@fitness\\_lofts](https://www.instagram.com/@fitness_lofts)

**Fitness-Loft Breisach** | An der alten Weberei 3 | 79206 Breisach am Rhein | Telefon 07667 – 96 69 70

**Fitness-Loft**

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