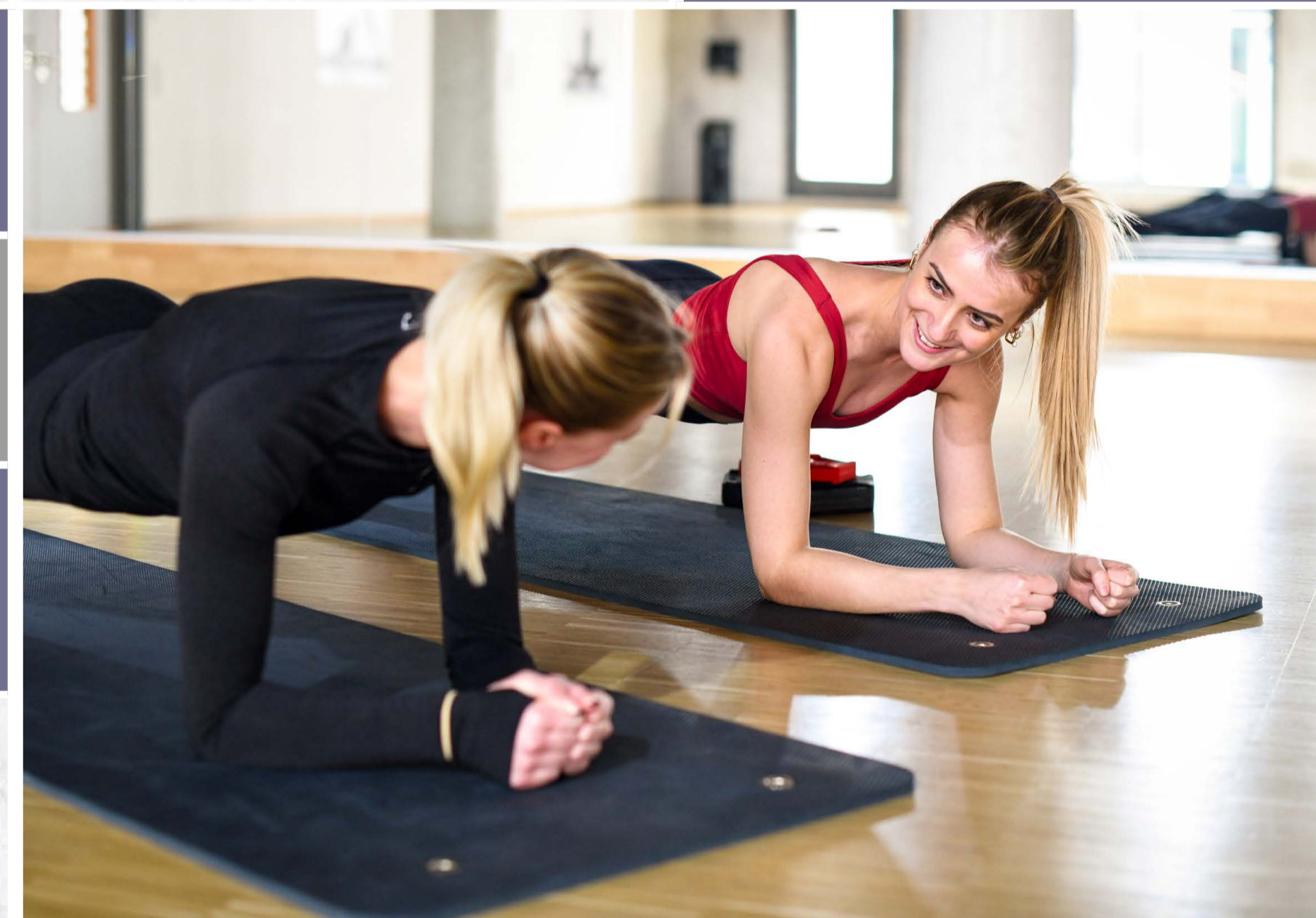


KURSE

GÜLTIG AB 01. APRIL 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.45 – 10.45 Cardio		09.30 – 10.30 Pilates				
10.45 – 11.15 Mobility		10.30 – 11.00 Mobility			10.30 – 11.30 BodyPump	10.00 – 11.00 Mobility
17.00 – 17.30 Core	17.30 – 18.15 Bootcamp <i>Trainingsfläche</i>	17.00 – 18.00 BodyPump	17.45 – 18.45 BodyPump			11.00 – 12.00 Dance
17.30 – 18.30 BodyPump	18.30 – 19.30 BodyPump	18.15 – 18.45 Grit	18.00 – 18.45 Bootcamp <i>Trainingsfläche</i>			
			18.45 – 19.15 Mobility			



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

Allgemeine Informationen: www.fitnessloft-denzlingen.de | [/die.Fitness.Lofts](https://www.facebook.com/die.Fitness.Lofts) | [@fitness_lofts](https://www.instagram.com/@fitness_lofts)

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