

KURSE

GÜLTIG AB 01. APRIL 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 – 10.30 Mobility	09.30 – 10.30 Bodyforming	09.30 – 10.30 Pilates	09.30 – 10.00 Core		09.30 – 10.30 Mobility	
		10.30 – 11.00 Cardio	10.00 – 10.30 bodyBoost		10.30 – 11.30 Dance	10.30 – 11.30 BodyPump
	17.30 – 18.00 Mobility	17.30 – 18.30 Mobility	17.00 – 18.00 Bodyforming	17.45 – 18.30 Core		
18.00 – 19.00 BodyPump	18.00 – 19.00 Box Fitness	18.30 – 19.30 Dance	18.00 – 19.00 BodyCombat	18.30 – 19.30 BodyPump		
19.15 – 20.15 BodyBalance	19.00 – 19.30 Core	19.30 – 20.30 BodyPump	19.00 – 20.00 BodyPump	19.45 – 20.15 Mobility		
	19.30 – 20.00 bodyBoost		20.15 – 20.45 Grit			



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

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

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Fitness-Loft
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