

KURSE

GÜLTIG AB 01. APRIL 2024

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|------------------------------|---------------------------|------------------------------|--|------------------------------|---------------------------|---------|
| | | 09.30 – 10.30 Bodyforming |  | | | |
| | | 10.30 – 11.00 Mobility | | | 10.30 – 11.30 BodyPump | |
| | | | | | 11.45 – 12.15 Mobility | |
| 17.30 – 18.30 BodyBalance | 17.30 – 18.30 Pilates | 17.30 – 18.30 Dance | 17.30 – 18.30 BodyPump | 18.00 – 19.00 Bodyforming | | |
| 18.30 – 19.30 BodyPump | 18.30 – 19.30 Dance | 18.30 – 19.00 bootyBoost | 18.45 – 19.45 Dance | 19.00 – 20.00 Cardio | | |
| 19.45 – 20.15 Mobility | 19.30 – 20.30 BodyPump | 19.00 – 19.30 Mobility | | | | |

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

Allgemeine Informationen: www.fitnessloft-gundelfingen-nord.de | [/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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