

KURSE

GÜLTIG AB 01. APRIL 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 – 10.00 Mobility	09.30 – 10.30 Bodyforming	09.00 – 10.00 Mobility				09.30 – 10.30 Cardio
					10.15 – 11.15 BodyPump	10.30 – 11.00 Mobility
18.00 – 18.30 Core	18.00 – 18.30 Core	18.00 – 19.00 BodyPump	17.30 – 18.30 Mobility	18.00 – 18.30 Tabata		
18.30 – 19.30 BodyPump	18.30 – 19.30 Mobility	19.15 – 19.45 BodyBalance	18.30 – 19.30 Dance	18.30 – 19.00 Mobility		
19.45 – 20.45 BodyAttack	19.30 – 20.30 Dance		19.30 – 20.30 BodyPump			



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

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

Fitness-Loft Weil am Rhein | Dreiländergalerie | Europaplatz 1 | 79576 Weil am Rhein | Telefon 07621 – 56 0120

Fitness-Loft
BE PART OF THE FAMILY