

KURSE

GÜLTIG AB 01. APRIL 2024

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|------------------------------|------------------------------|--------------------------------|--------------------------------|---------------------------|------------------------|--------------------------------|
| 10.30 – 11.30 Bodyforming | 09.30 – 10.30 Pilates | 09.30 – 10.30 BodyPump | 09.30 – 10.30 Pilates | 09.30 – 10.30 Pilates | | 10.00 – 11.00 Bodyforming |
| 11.30 – 12.00 Mobility | 10.30 – 11.00 Mobility | | 10.30 – 11.00 Mobility | 10.30 – 11.00 Mobility | 10.30 – 11.30 Dance | 11.00 – 12.00 World Jumping |
| | | | | 16.00 – 17.00 BodyPump | | |
| 16.30 – 17.30 Pilates | 17.00 – 18.00 BodyPump | 17.00 – 18.00 World Jumping | 17.30 – 18.00 bootyBoost | 17.15 – 18.15 Dance | | |
| 17.30 – 18.30 BodyPump | 18.00 – 19.00 Bodyforming | 18.00 – 19.00 BodyPump | 18.00 – 18.30 Core | | | |
| 18.45 – 19.45 Dance | 19.00 – 20.00 Pilates | 19.15 – 19.45 bootyBoost | 18.30 – 19.00 Mobility | | | |
| | 20.00 – 20.30 Mobility | 19.45 – 20.15 Mobility | 19.00 – 20.00 World Jumping | | | |



Öffnungszeiten: Mo – Fr 09.00 – 22.00 Uhr | Sa, So & feiertags 09.00 – 18.00 Uhr

Allgemeine Informationen: 🌐 www.fitnessloft-woman.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
WOMAN