

# KURSE

GÜLTIG AB 01. JANUAR 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 – 10.30 Bodyforming	09.30 – 10.30 Pilates	09.30 – 10.30 Mobility	09.30 – 10.30 Pilates	09.30 – 10.30 Dance	09.30 – 10.30 Pilates	09.30 – 10.30 Mobility
	10.30 – 11.00 Mobility			10.30 – 11.30 World Jumping	10.30 – 11.30 BodyAttack	10.30 – 11.30 Dance
					11.30 – 12.30 BodyBalance	
17.00 – 18.00 BodyPump	17.30 – 18.30 BodyCombat	18.00 – 19.00 Dance	17.00 – 18.00 Dance	16.30 – 17.30 Pilates	16.30 – 17.30 Bodyforming	
18.15 – 19.15 Bodyforming	18.30 – 19.30 Dance	19.00 – 20.00 Bodyforming	18.00 – 18.30 Grit	17.30 – 18.30 BodyPump		18.00 – 18.30 Core
19.15 – 20.15 World Jumping	19.30 – 20.30 Bodyforming	20.00 – 21.00 World Jumping	18.30 – 19.30 BodyCombat	18.45 – 19.45 Dance		18.30 – 19.30 BodyBalance
20.15 – 21.15 BodyAttack			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-freiburg.de](http://www.fitnessloft-freiburg.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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