


# KURSE

GÜLTIG AB 01. JULI 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	09.30 – 10.30 Bodyforming	09.00 – 10.00 Bodyforming			10.00 – 10.30 Grit	
10.30 – 11.30 Mobility	10.30 – 11.15 BodyBalance	10.00 – 11.00 Mobility			10.30 – 11.30 Dance	10.30 – 11.30 BodyPump
17.15 – 18.00 BodyBalance		17.30 – 18.30 BodyPump	17.15 – 18.15 Rückenfit	17.00 – 18.00 Bodyforming		11.45 – 12.45 Mobility
18.00 – 18.30 Core	17.30 – 18.30 Step	18.45 – 19.15 Mobility	18.15 – 19.00 BodyCombat	18.00 – 19.00 Mobility		17.30 – 18.30 Yoga
18.30 – 19.30 BodyPump	18.30 – 19.30 Dance	19.15 – 19.45 Grit	19.00 – 20.00 BodyPump			
19.45 – 20.45 Pilates	19.00 – 19.30 Functional Fit Trainingsfläche					

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

**Allgemeine Informationen:** 🌐 [www.fitnessloft-breisach.de](http://www.fitnessloft-breisach.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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