

KURSE

GÜLTIG AB 01. JULI 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 – 10.30 Dance	09.30 – 10.30 Pilates		09.30 – 10.30 BodyPump			
10.30 – 11.00 Mobility				10.00 – 10.30 Rückenfit	10.00 – 11.00 World Jumping	10.00 – 11.00 Bodyforming
						11.00 – 12.00 BodyAttack
17.30 – 18.30 Bodyforming		17.30 – 18.00 bootyBoost	17.15 – 18.00 Mobility	17.30 – 18.30 Bodyforming		
18.30 – 19.30 World Jumping	18.30 – 19.30 BodyAttack	18.00 – 18.30 Core	18.00 – 19.00 BodyAttack	18.30 – 19.30 BodyPump		
19.30 – 20.00 bootyBoost	19.30 – 20.30 BodyPump	18.30 – 19.30 Dance	19.00 – 20.00 World Jumping			
20.00 – 21.00 Dance		19.30 – 20.30 Pilates				



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

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

Fitness-Loft Lörrach | Weiler Str. 7 | 79540 Lörrach | Telefon 07621 – 68 75 20

Fitness-Loft
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