

# KURSE

GÜLTIG AB 01. JULI 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	09.30 – 10.30 Pilates	09.00 – 10.00 Bodyforming			10.00 – 11.00 Dance	
					11.00 – 11.30 bootyBoost	10.30 – 11.30 Dance
						11.30 – 12.30 Bodyforming
17.30 – 18.30 BodyPump	17.30 – 18.00 Core	17.30 – 18.00 Grit	17.30 – 18.00 Core	17.30 – 18.30 BodyPump		
18.45 – 19.45 BodyAttack	18.00 – 18.30 LMI Step	18.15 – 19.15 BodyPump	18.00 – 19.00 BodyCombat	18.45 – 19.45 BodyAttack		
19.45 – 20.45 BodyBalance	18.30 – 19.30 BodyCombat	19.30 – 20.00 bootyBoost	19.00 – 20.00 Dance			
	19.30 – 20.30 BodyBalance					



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

**Allgemeine Informationen:** [www.fitnessloft-nord.de](http://www.fitnessloft-nord.de) | [/die.Fitness.Lofts](https://www.facebook.com/die.Fitness.Lofts) | [@fitness\\_lofts](https://www.instagram.com/fitness_lofts)

**Fitness-Loft Nord** | Elisabeth-Geißler-Ruckmich-Straße 8 | 79106 Freiburg | Telefon 0761 – 769 90 60

**Fitness-Loft**  
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