


# KURSE

GÜLTIG AB 01. JULI 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	10.00 – 11.00 Mobility		10.00 – 11.00 BodyBalance		09.30 – 10.30 Pilates	10.00 – 11.00 Bodyforming
					10.30 – 11.30 Zumba	
	17.00 – 17.30 Grit	17.00 – 17.30 bootyBoost		16.00 – 17.00 BodyPump		
17.30 – 18.30 BodyPump	17.30 – 18.00 Core	17.30 – 18.30 BodyPump	17.30 – 18.30 BodyPump	17.15 – 17.45 Core		
18.30 – 19.30 BodyAttack	18.00 – 19.00 Zumba	18.30 – 19.30 BodyBalance	18.45 – 19.45 World Jumping	18.00 – 18.30 Grit		18.00 – 19.00 BodyPump
19.30 – 20.30 BodyBalance	19.00 – 20.00 Pilates	19.30 – 20.30 Zumba	19.45 – 20.45 BodyAttack			
	20.00 – 21.00 World Jumping					

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

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