

# KURSE

GÜLTIG AB 01. JULI 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.30 – 11.30 Bodyforming	09.30 – 10.30 Pilates	09.30 – 10.30 BodyPump	09.30 – 10.30 Pilates	09.30 – 10.30 Pilates		10.00 – 11.00 Bodyforming
11.30 – 12.00 BodyBalance	10.30 – 11.00 Mobility		10.30 – 11.00 Mobility	10.30 – 11.00 Mobility	10.30 – 11.30 Dance	11.00 – 12.00 World Jumping
16.30 – 17.30 Pilates	16.45 – 17.45 BodyPump	17.00 – 18.00 World Jumping	17.30 – 18.00 bootyBoost	16.00 – 17.00 BodyPump		
17.30 – 18.30 BodyPump	18.00 – 19.00 Bodyforming	18.00 – 19.00 BodyPump	18.00 – 18.30 Core	17.15 – 18.15 Dance		
18.45 – 19.45 Dance	19.00 – 20.00 Pilates	19.15 – 19.45 bootyBoost	18.30 – 19.00 Mobility			
20.00 – 21.00 World Jumping		19.45 – 20.15 Mobility	19.00 – 20.00 World Jumping			



**Öffnungszeiten:** Mo – Fr 09.00 – 22.00 Uhr | Sa, So & feiertags 09.00 – 18.00 Uhr

**Allgemeine Informationen:** [www.fitnessloft-woman.de](http://www.fitnessloft-woman.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**  
WOMAN