

KURSE

GÜLTIG AB 01. OKTOBER 2023

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 – 10.30 Bodyforming	09.30 – 10.30 Dance	09.30 – 10.30 World Jumping		09.30 – 10.30 Bodyforming		
		10.30 – 11.30 Bodyforming			10.30 – 11.30 BodyPump	10.30 – 11.30 Piloxing
					11.45 – 12.15 Core	11.30 – 12.30 World Jumping
	16.45 – 17.45 BodyPump	16.30 – 17.30 Bodyforming	17.00 – 18.00 Pilates	16.30 – 17.00 bootyBoost		
17.30 – 18.30 deepWork	18.00 – 18.30 Core	17.30 – 18.30 Dance	18.00 – 19.00 Bodyforming	17.00 – 17.30 Core		
18.30 – 19.30 Dance	18.30 – 19.30 Piloxing	18.30 – 19.30 BodyBalance	18.30 – 19.30 Box Workout <i>Trainingsfläche</i>	17.30 – 18.30 Dance		
19.30 – 20.00 Core	19.30 – 20.30 World Jumping	19.30 – 20.30 BodyPump	19.00 – 20.00 Dance	18.30 – 19.30 BodyBalance		
	20.30 – 21.00 bootyBoost		20.00 – 21.00 World Jumping	19.30 – 20.30 BodyPump		



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

Allgemeine Informationen: www.fitnessloft-west.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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