

KURSE

GÜLTIG AB 01. OKTOBER 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		09.30 – 10.30 Bodyforming				
		10.30 – 11.00 Mobility				10.30 – 11.30 BodyPump
17.00 – 17.30 bootyBoost						11.45 – 12.15 Mobility
17.30 – 18.30 BodyBalance	17.30 – 18.30 Pilates	17.30 – 18.30 Dance		17.30 – 18.30 BodyPump	18.00 – 19.00 Bodyforming	
18.30 – 19.30 BodyPump	18.30 – 19.00 Core	18.30 – 19.00 bootyBoost		18.45 – 19.45 Dance	19.00 – 20.00 Cardio	
19.45 – 20.15 Mobility	19.15 – 20.15 BodyPump	19.00 – 19.30 Mobility				

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

Allgemeine Informationen: www.fitnessloft-gundelfingen-nord.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
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