

# JONNY'S CLASSES

CLUB EUROPAPLATZ KARLSRUHE WOMEN / KAISERSTRASSE 146 / 76133 KARLSRUHE  
- GÜLTIG AB 25.08.2021 -

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
				10.00-11.00 Yin Yoga Kursraum Female		10.00-10.45 Pilates Kursraum Female
						10.45-11.30 Box Fit Kursraum Female
	17.30-18.00 XCO Shape Kursraum Female	17.30-18.30 Yoga Kursraum Female		15.30-16.00 XCO Shape Kursraum Female		
	18.00-18.30 Get Sexy Kursraum Female	18.30-19.30 Full Body HIIT Kursraum Female	18.30-19.15 Get Sexy Kursraum Female	16.00-16.30 Get Sexy Kursraum Female		
19.00-19.30 Pump It Up Kursraum Female	18.30-19.00 Booty Express Kursraum Female	19.30-20.00 Stretch & Relax Kursraum Female		17.30-18.00 Sixpack Kursraum Female		
19.30-20.00 Power Plates Kursraum Female	19.00-20.00 InShape Kursraum Female			18.00-18.30 Booty Express Kursraum Female		