

JONNY'S CLASSES

CLUB BLEYLE LOFT / BRENZSTRASSE 4 / 71636 LUDWIGSBURG
- GÜLTIG AB 10.01.2022 -

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30-10.30 In Shape Zilda	09.30-10.30 Vinyasa Yoga Anastasia	09.30-10.30 BodyPump Zilda / Flo	09.30-10.30 Latin Dance Sophie Lynn	09.30-10.30 Step Andrea		
10.30-11.30 Zumba Zilda		10.30-11.00 Stretch & Relax Zilda / Flo		10.30-11.30 BodyPump Andrea		10.30-11.15 Kursrotation
						11.15-12.00 Kursrotation
18.00-18.45 BBP Leandro	18.00-19.00 Bodystyling Sonja	18.00-18.45 Pilates Stella	18.00-18.45 Rückenfit Lara	18.00-19.00 Workout of the Day Pascal		
18.45-19.30 Power Hour Leandro	19.00-19.30 Core / Sixpack Sonja	18.45-19.45 BodyPump Stella	18.45-19.30 Power Hour Lara	19.00-20.00 Tae Bo Pascal		
19.30-20.30 Tae Bo Stratis	19.30-20.30 Vinyasa Yoga Sonja	19.45-20.45 Zumba Marina	19.30-20.30 Budokon Yoga Anastasia	20.00-21.15 Yoga Annkathrin		