

# JONNY'S CLASSES

CLUB EUROPAPLATZ KARLSRUHE WOMEN / KAISERSTRASSE 146 / 76133 KARLSRUHE  
- GÜLTIG AB 10.01.2022 -

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		07.30-08.30 Morning Yoga Kursraum Female		10.00-11.00 Yin Yoga Kursraum Female		10.00-10.45 Pilates Kursraum Female
						10.45-11.30 Box Fit Kursraum Female
	17.30-18.15 Les Mills Sh'Bam Kursraum Female	17.30-18.30 Yoga Flow Kursraum Female		17.00-17.30 Sixpack Kursraum Female		
18.00-18.45 Les Mills Sh'Bam Kursraum Female	18.30-19.00 Pump It Up Kursraum Female	18.30-19.30 Full Body HIIT Kursraum Female	18.30-19.00 Booty Express Kursraum Female	17.30-18.00 Booty Express Kursraum Female		
19.30-20.30 Zumba Kursraum Female	19.00-19.30 Pilates Kursraum Female	19.30-20.00 Stretch & Relax Kursraum Female	19.00-20.00 InShape Kursraum Female			