

# JONNY'S CLASSES

CLUB PRAGSATEL / SIEGLESTRASSE 33 / 70469 STUTTGART  
- GÜLTIG AB 01.07.2022 -

| MONTAG  | DIENSTAG                                    | MITTWOCH                                 | DONNERSTAG                                 | FREITAG                                    | SAMSTAG | SONNTAG                           |
|---|---|--|--|--|---------|-----------------------------------|
|   | 06.30-07.30<br>Cross HIIT (Fläche)<br>Michi |  | 06.30-07.30<br>CrossHIIT (Fläche)<br>Michi |  |         |                                   |
| 09.30-10.15<br>RückenFit<br>Anna                |   | 09.30-10.30<br>BodyBalance<br>Lilly      | 09.30-10.15<br>Pilates<br>Patty            | 09.30-10.15<br>Bodystyling<br>Anna         |         | 10.30-11.15<br>Kursrotation       |
| 10.15-10.45<br>BBP<br>Anna                      |   |  | 10.15-10.45<br>RückenFit<br>Patty          | 10.15-10.45<br>Stretch & Relax<br>Anna     |         | 11.20-12.00<br>Kursrotation       |
|   |   |  |  |  |         |                                   |
| 18.00-18.45<br>Pilates / Rücken<br>Stella / Flo | 18.00-19.00<br>Pilates<br>Paulo             | 18.00-18.45<br>Bodyweight HIIT<br>Joanna | 18.00-19.00<br>Power Hour<br>Linda         | 17.45-18.45<br>BodyPump<br>Stella / Jochen |         | 16.30-17.30<br>BodyPump<br>Jochen |
| 18.45-19.30<br>BodyCombat<br>Stella / Flo       | 19.00-19.30<br>Sixpack<br>Paulo             | 18.45-19.30<br>Sixpack & Booty<br>Joanna | 19.00-20.00<br>Tae Bo<br>Ahmet             | 19.00-20.00<br>Dance<br>Paulo              |         |                                   |
| 19.35-20.30<br>BodyPump<br>Jochen               | 19.30-20.30<br>Salsa-Aerobic<br>Paulo       | 19.35-20.35<br>BodyPump<br>Bianca        | 20.00-21.00<br>Yoga<br>Lorena              |  |         |                                   |
|   |   |  |  |  |         |                                   |