

**SOMMER
PLAN**

JONNY'S CLASSES

CLUB BLEYLE LOFT / BRENZSTRASSE 4 / 71636 LUDWIGSBURG
- GÜLTIG AB 01.07.2022 -

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 Step Andrea		
10.30-11.30 Yoga Anastasia		10.30-11.00 Stretch & Relax Zilda / Flo		10.30-11.30 BodyPump Andrea		10.30-11.15 Kursrotation
						11.20-12.00 Kursrotation
18.00-18.45 BBP Leandro	18.00-19.15 Wirbelsäulengymn. Stratis	18.00-18.45 Pilates Stella	18.00-18.30 Rückenfit Felix / Leandro	18.00-19.00 Workout of the Day Pascal		
18.45-19.45 Power Hour Leandro	19.15-20.15 BodyPump Stratis	18.45-19.45 BodyPump Stella	18.30-19.30 Power Hour Felix / Leandro	19.00-20.00 Tae Bo Pascal		
19.45-20.45 Tae Bo Stratis		19.45-20.45 Zumba Marina	19.30-20.30 Budokon Yoga Anastasia	20.00-21.15 Yoga Annkathrin		