

**SOMMER
PLAN**

JONNY'S CLASSES

CLUB WOMEN MARIENPLATZ / HAUPTSTÄTTER STR. 149 / 70180 STUTT GART
- GÜLTIG AB 01.07.2022 -

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		08.00-09.00 Full Body Workout Mara				
		09.15-10.15 Yoga Karina Lilou				10.30-11.15 Kursrotation
						11.20-12.00 Kursrotation
18.00-18.30 Sixpack Linda	18.00-19.00 Jumping Fitness Kyra	18.00-18.45 RückenFit Anja	18.00-19.00 Jumping Fitness Mary / Kyra			
18.30-19.30 Power Hour Linda	19.00-20.00 JumpingFunctional Kyra	18.45-19.30 BBP Anja	19.00-20.00 Yoga Liza			
19.30-20.30 CrossHIIT Mara		19.30-20.30 Power Hour Anja	20.00-20.30 Yin Yoga Liza			