

**SOMMER
PLAN**

JONNY'S CLASSES

CLUB OTTO-KONZ / OTTO-KONZ-STRASSE 12 / 74321 BIETIGHEIM-BISSINGEN
- GÜLTIG AB 01.07.2022 -

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30-10.15 RückenFit Andrea	09.30-10.30 Zumba Lea	09.30-10.30 Yoga Anastasia	09.30-10.30 Step Elke	09.30-10.00 HIIT Lara		
10.15-11.00 BBP Andrea	10.30-11.30 BodyPump Lea		10.30-11.30 InShape Elke	10.00-11.00 BodyBalance Lara		10.30-11.15 Kursrotation
						11.20-12.00 Kursrotation
18.00-19.00 Budokon Yoga Anastasia	18.00-18.45 RückenFit Anna	18.00-19.00 BodyPump Andrea / Lea	18.00-19.00 Zumba Lea	18.00-19.00 Power Hour Stratis / Petra		
19.00-20.00 Inside Flow Anastasia	18.45-19.15 Core Pilates Anna	19.00-19.30 Core / Sixpack Andrea / Lea	19.00-19.30 Faszien Training Anna	19.00-20.00 Pump It Up Stratis / Petra		
	19.15-20.15 Zumba Marina	20.00-21.00 Yoga Petra	19.30-20.15 Pilates Anna			