

# JONNY'S CLASSES

CLUB BLEYLE LOFT / BRENZSTRASSE 4 / 71636 LUDWIGSBURG  
- GÜLTIG AB 02.01.2023-

| MONTAG                               | DIENSTAG                                    | MITTWOCH                                      | DONNERSTAG                                   | FREITAG                                     | SAMSTAG   | SONNTAG                     |
|--------------------------------------|---|---|--|---|---|-----------------------------|
| 09.30-10.30<br>In Shape<br>Zilda     | 09.30-10.30<br>Vinyasa Yoga<br>Anastasia    | 09.30-10.30<br>BodyPump<br>Zilda / Flo        |  | 09.30-10.30<br>Step<br>Andrea               |   |                             |
| 10.30-11.30<br>Yoga<br>Anastasia     |   | 10.30-11.00<br>Stretch & Relax<br>Zilda / Flo |  | 10.30-11.30<br>BodyPump<br>Andrea           | 10.30-11.30<br>BodyPump<br>Zilda/Flo <b>NEU</b> | 10.30-11.15<br>Kursrotation |
|                                      |   |   |  |   |   | 11.20-12.05<br>Kursrotation |
| 18.00-18.45<br>BBP<br>Leandro        | 18.00-19.15<br>Wirbelsäulengymn.<br>Stratis | 18.00-18.45<br>Pilates<br>Stella              | 18.00-18.30<br>Rückenfit<br>Felix / Leandro  | 18.00-19.00<br>Workout of the Day<br>Pascal |   |                             |
| 18.45-19.45<br>Power Hour<br>Leandro | 19.15-20.15<br>BodyPump<br>Stratis          | 18.45-19.45<br>BodyPump<br>Stella             | 18.30-19.30<br>Power Hour<br>Felix / Leandro | 19.00-20.00<br>Tae Bo<br>Pascal             |   |                             |
| 19.45-20.45<br>Tae Bo<br>Stratis     |   | 20.00-21.00<br>Zumba<br>Marina                | 19.30-20.30<br>Budokon Yoga<br>Anastasia     | 20.00-21.15<br>Yoga<br>Annkathrin           |   |                             |
|                                      |   |   |  |   |   |                             |