

JONNY'S CLASSES

CLUB WOMEN MARIENPLATZ / HAUPTSTÄTTER STR. 149 / 70180 STUTT GART
 - GÜLTIG AB 02.01.2023 -

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|---|-------------------------------------|---|--|---------|-----------------------------|
| | | 08.15-09.15 Yoga Karina Lilou | | | | |
| | 09.45-10.30 Core/lessMiles Lilly NEU | | | | | 10.30-11.15 Kursrotation |
| | | | | | | 11.20-12.05 Kursrotation |
| 17.30-18.30 Zumba Vivian NEU | 18.00-19.00 Jumping Fitness Kyra | 18.00-18.45 RückenFit Anja | 18.00-19.00 BodyPump Jochen NEU | 18.00-19.00 Hatha Yoga Ursi NEU | | |
| 18.00-18.30 Sixpack Linda | 19.00-20.00 Jumping Anfänger Kyra | 18.45-19.30 BBP Anja | 19.05-19.50 Power Yoga Liza NEU | | | |
| 18.30-19.30 Power Hour Linda | | 19.30-20.30 Power Hour Anja | 19.50-20.35 Stretch&Relax Liza NEU | | | |
| 19.30-20.30 CrossHIIT Mara | | | | | | |