

# JONNY'S CLASSES

CLUB OTTO-KONZ / OTTO-KONZ-STRASSE 12 / 74321 BIETIGHEIM-BISSINGEN  
- GÜLTIG AB 02.01.2023-

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30-10.15 RückenFit Edmira	09.30-10.15 <b>NEU</b> Dance Fitness Annkathrin	09.30-10.30 Yoga Anastasia	09.30-10.30 Step Elke			
10.15-11.00 BBP Edmira	10.15-11.00 <b>NEU</b> Functional Mobility Annkathrin		10.30-11.30 InShape Elke			10.30-11.15 Kursrotation
						11.20-12.05 Kursrotation
18.00-19.00 Budokon Yoga Anastasia	18.00-18.45 RückenFit Anna	18.00-19.00 BodyPump Andrea	18.00-19.00 Zumba Gigi	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	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			