

JONNY'S CLASSES

CLUB BLEYLE LOFT / BRENZSTRASSE 4 / 71636 LUDWIGSBURG
- GÜLTIG AB 02.05.2023-

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