

# Gut für mich!

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SA	SO
09.30 – 10.30 fle-xx WS Claudia		09.30 – 10.30 Pilates M Sabine A.	09.30 – 10.30 fle-xx WS Heidrun		09.15 – 10.15 Pilates M Meike		09.30 – 10.30 Felden- krais Franziska H.L.	09.30 – 10.30 Pilates E/M Korona	09.30 – 10.30 fle-xx WS Anett			09.30 – 10.30 Body Forming Nicole		08.45 – 09.45 Pilates M Korona	10.30 – 11.30 Zumba® Fitness Team	10.30 – 11.30 Cardio Team
	10.35 – 11.35 Eutonie Traude	10.30 – 12.00 Faszien Yoga E/M Silvia Maria	10.30 – 11.30 WORLD JUMPING® Juliane	10.30 – 11.30 Body PUMP Jana	10.30 – 12.00 Faszien Yoga E/M Claudia	10.30 – 11.30 Zumba® Fitness Zuleika		10.30 – 12.00 Vinyasa Yoga E/M Lucia		10.30 – 11.30 Body PUMP Sylvia	10.35 – 11.35 Pilates E/M Anett	10.30 – 11.30 WORLD JUMPING® Nicole		10.00 – 11.30 Vinyasa Yoga E/M Andrea		10.30 – 12.00 Yoga (YPC) Team
															16.00 – 17.00 WORLD JUMPING® Doris	
		16.30 – 17.30 Faszien Pilates E/M Christiane									16.15 – 17.45 Kundalini Yoga E/M Verena		16.00 – 17.30 RG Yoga E/M Lucia	16.00 – 17.30 Pilates M & Relax (YPC) Carmen/ Korona	11.30 – 12.30 Body- forming Team	
18.00 – 18.30 Bauch intensiv Doris	18.15 – 19.15 WORLD JUMPING® Lisa P.	17.30 – 18.30 Pilates E/M Anna			18.00 – 19.30 RG Yoga E/M Silvia Maria	17.30 – 18.30 Zumba® Fitness Gregorio		17.00 – 18.00 Faszien Pilates E/M Anna	17.30 – 18.30 fle-xx WS Otmar				17.30 – 18.30 Faszien Pilates E/M Sabine W.Z.	17.00 – 18.00 Body PUMP Doris	17.00 – 18.30 Pilates E/M & Relax(YPC) Kathrin/Sarah	
18.30 – 19.30 Box- Fitness Doris		18.30 – 19.45 Ashtanga Yoga E Jakob	18.30 – 19.30 Zumba® Fitness David	18.00 – 19.00 Pilates M Sabine G.		18.30 – 19.30 Body PUMP Michael		18.00 – 19.00 Pilates E/M Anna	18.45 – 19.45 deep- WORK™ Doris	18.00 – 19.00 Pilates M Korona	17.45 – 19.00 Yoga Basic Veronika	18.00 – 19.15 Zumba® Fitness Camilo	17.30 – 18.30 WORLD JUMPING® Doris	18.30 – 20.00 Ashtanga Yoga E-F Lena	17.30 – 18.30 fle-xx WS Team	
19.30 – 20.30 Body PUMP Ole	19.30 – 20.00 Faszien Release Sabine M.	19.45 – 21.15 Ashtanga Yoga F Julia	19.30 – 20.30 deep- WORK™ Cathrin/Kathrin	19.00 – 20.00 fle-xx WS Sabine G.	19.30 – 20.15 Meditation Silvia Maria	19.45 – 20.45 Body Forming Evija	19.00 – 20.00 fle-xx WS Carmen M.	19.00 – 20.30 RG Yoga E/M Tanya	19.45 – 20.45 WORLD JUMPING® Annkatrin	19.45 – 20.15 Bauch intensiv Doris	19.00 – 20.00 Pilates E/M Korona	19.30 – 20.30 Body PUMP Doris	18.35 – 19.35 fle-xx WS Niko			
	20.00 – 21.00 fle-xx WS Sabine M.				20.30 – 21.30 Pilates M Evija		20.00 – 21.00 WORLD JUMPING® Kirstin	20.30 – 21.30 Pilates M/F Sabine M.			20.00 – 21.30 Hatha Yoga E/M Claudia O.			18.15 – 19.15 deep- WORK™ Doris		

ÖFFNUNGSZEITEN: Mo, Mi, Fr 07.00 – 22.30 Uhr | Di, Do 08.00 – 22.30 Uhr | Sa 09.00 – 20.30 Uhr | So & feiertags 08.00 – 20.30 Uhr

KINDERBETREUUNG: Mo – Fr 09.00 – 12.30 Uhr | Di 16.15 – 19.30 Uhr\* | Sa 15.00 – 18.00 Uhr\* | So 10.00 – 13.00 Uhr \*nicht in den Sommerferien

AKTUELLE KURS-INFORMATIONEN: [www.die-rueckgrat-center.de](http://www.die-rueckgrat-center.de)

E = Einsteiger | M = Mittelstufe | F = Fortgeschrittene

● Straffung & Figur ● Entspannung & Ausgleich ● Fettverbrennung & Herz

1. SPALTE = Kursraum EINS 2. SPALTE = Kursraum ZWEI 3. SPALTE = Yoga&Pilates Center