

# Gut für mich!

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SA	SO
09.30 – 10.30 fle-xx WS Anett		09.30 – 10.30 Pilates E/M Ulrike		09.30 – 10.30 fle-xx WS Lea		09.30 – 10.30 Faszien Pilates E/M Claudia		09.30 – 10.30 fle-xx WS Sabine G.		10.30 – 12.00 Weekend Hour Team	10.15 – 11.15 Body PUMP Team
10.30 – 11.45 Vinyasa Yoga E/M Anett		10.30 – 11.30 BOP Lea						10.30 – 11.30 Faszien Training Sabine G.			11.30 – 13.00 Zumba® Fitness Gregorio
12.30 – 13.00 fle-xx Pur Jakob											
					16.00 – 17.30 Kundalini Yoga E/M Verena						16.30 – 17.30 Body PUMP Marlene
	17.30 – 19.00 RG Yoga E/M Susanne				17.30 – 18.30 fle-xx WS Lukas	18.00 – 18.30 Bauch intensiv Lea		17.50 – 18.20 Bauch intensiv Ole	17.45 – 18.45 Indoor-Cycling Mix Frank		17.30 – 19.00 Ashtanga Yoga Mysore Team
17.45 – 19.00 Body PUMP Annabelle/Caro		18.00 – 19.00 Zumba® Fitness Cris	18.00 – 19.00 fle-xx WS Carmen	18.00 – 19.00 Slow Power Evija	18.30 – 19.30 Indoor-Cycling Power Irene	18.30 – 19.30 BOP Lea	18.30 – 20.00 Ashtanga Yoga F Anett	18.30 – 19.30 BODY ATTACK® Ole			
19.00 – 20.00 STEP M Fabian	19.00 – 20.00 Indoor- Cycling Mix Rainer	19.00 – 20.00 Box Fitness Lukas	19.00 – 20.00 Pilates E/M Anett	19.00 – 20.00 Body PUMP Jana	19.45 – 20.45 Faszien Pilates E/M Elena	19.30 – 20.30 Body PUMP Matze		19.30 – 20.30 Body PUMP Tilmann	19.00 – 20.00 fle-xx WS Jakob		18.00 – 19.00 BODY ATTACK® Christina/Karima
20.00 – 21.00 Body- forming Fabian	20.15 – 21.15 fle-xx WS Ramon	20.00 – 20.30 Faszien Release Lukas	20.00 – 21.30 Vinyasa Yoga E/M Anett	20.15 – 21.15 BODY ATTACK® Dominik/Karima			20.00 – 21.00 fle-xx WS Sabine W.Z.				

**ÖFFNUNGSZEITEN:** Mo, Mi, Fr 09.00 – 22.30 Uhr | Di, Do 07.00 – 22.30 Uhr | Sa 10.00 – 20.00 Uhr | So & feiertags 08.00 – 20.00 Uhr  
**KINDERBETREUUNG:** Mo – Fr 09.00 – 12.00 Uhr | So 10.00 – 13.00 Uhr  
**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