

# RÜCKGRAT ZO

| MONTAG                        |  | DIENSTAG                       |   | MITTWOCH                      |   | DONNERSTAG                    |                                | FREITAG   |                               | SA                            | SO                              |
|-------------------------------|--|--------------------------------|---|-------------------------------|---|-------------------------------|--------------------------------|---|-------------------------------|-------------------------------|---------------------------------|
| 08.30-09.30<br>Pilates        |  | 09.30-10.30<br>Body-forming    | 09.30-10.30<br>fle-xx WS  | 09.30-10.30<br>fle-xx WS      | 09.30-10.30<br>Body-forming   | 09.30-10.30<br>Pilates        |                                | 09.30-10.30<br>Body-forming   | 09.30-11.00<br>Kundalini Yoga |                               | 09.00-10.00<br>Faszien Training |
| 09.30-10.30<br>Pilates        |  | 10.30-11.30<br>Slow Work       | 10.30-11.30<br>Felden-krais   | 10.30-11.30<br>Pilates        |   | 10.30-11.30<br>Zumba®         | 10.30-11.30<br>Faszien Pilates | 10.30-11.30<br>fle-xx WS  |                               | 10.30-11.30<br>Pilates        | 10.00-11.00<br>fle-xx WS        |
| 10.30-11.30<br>fle-xx WS      |  | 12.00-12.30<br>fle-xx Pur      |  | 12.30-13.00<br>fle-xx Pur     |  |                               |                                |  <b>NEU!</b> |                               | 10.30-12.00<br>Faszien Yoga   | 10.30-11.00<br>Bauch intensiv   |
| 16.30-17.30<br>Body-forming   |  |                                |   |                               |   |                               |                                | <b>WORLD JUMPING®</b>   | 16.30-18.00<br>RG Yoga        | 16.00-16.30<br>Bauch intensiv | 11.00-12.00<br>fle-xx WS        |
| 17.30-18.30<br>WORLD JUMPING® | 17.30-18.30<br>deep-WORK™  | 17.00-18.00<br>Faszien Pilates | 17.00-18.00<br>Felden-krais   | 17.30-18.00<br>Bauch intensiv | 17.30-18.30<br>bodyArt®   | 17.00-18.00<br>STEP           |                                | 17.00-18.00<br>Felden-krais   | 17.45-18.45<br>BODY PUMP®     |                               | 12.00-13.00<br>Body-forming     |
| 18.30-19.00<br>Bauch intensiv | 18.30-19.30<br>Pilates   | 18.15-19.45<br>Hatha Yoga      | 18.00-19.00<br>bodyArt®   | 18.30-19.30<br>fle-xx WS      | 18.00-19.00<br>Faszien Pilates  | 18.15-19.15<br>BODY PUMP®     | 18.30-19.30<br>Pilates         | 18.15-19.45<br>Iyengar Yoga   | 18.00-19.00<br>deep-WORK™     | 18.15-19.45<br>Kundalini Yoga | 15.30-16.30<br>Zumba®           |
| 19.00-20.00<br>STEP           | 19.30-20.30<br>fle-xx WS   |                                | 19.00-20.00<br>BODY PUMP®   | 19.30-20.30<br>Indoor Cycling | 19.30-21.00<br>Ashtanga Yoga  | 19.30-20.30<br>WORLD JUMPING® | 19.30-20.30<br>Indoor Cycling  | 19.45-21.15<br>Faszien Yoga   | 19.00-20.00<br>Body-forming   | 19.45-21.15<br>Faszien Yoga   | 16.45-17.15<br>Bauch intensiv   |
|                               |  | 20.00-21.30<br>Kundalini Yoga  | 20.15-21.15<br>Zumba®   |                               | 20.30-21.30<br>fle-xx WS  |                               |                                | 20.00-21.00<br>Zumba®   |                               |                               | 17.30-18.30<br>BODY-PUMP®       |

ÖFFNUNGSZEITEN: Mo, Mi, Fr 07.00 – 22.30 Uhr | Di, Do 09.00 – 22.30 Uhr | Sa 09.00 – 20.00 Uhr | So & feiertags 08.00 – 21.00 Uhr  
KINDERBETREUUNG: Mo – Fr 09.00 – 12.00 Uhr | Mo, Mi, Sa 15.00 – 18.00 Uhr\* | So 10.00 – 13.30 Uhr \*nicht in den Sommerferien

# RÜCKGRAT IM STÜHLINGER

| MONTAG                      |  | DIENSTAG                      |   | MITTWOCH                      |                               | DONNERSTAG                     |                              | FREITAG                         |  | SA  | SO                            |
|-----------------------------|--|-------------------------------|---|-------------------------------|-------------------------------|--------------------------------|------------------------------|---------------------------------|--|---|-------------------------------|
| 09.30–10.30<br>fle-xx WS    |  | 09.30–10.30<br>Pilates        |   | 09.30–10.30<br>fle-xx WS      |                               | 09.30–10.30<br>Faszien Pilates |                              | 09.30–10.30<br>fle-xx WS        |  | 10.30–11.30<br>Slow Work  | 09.15–10.15<br>fle-xx WS      |
| 10.30–12.00<br>Vinyasa Yoga |  | 10.30–11.30<br>BODY PUMP®     |  |                               |                               |                                |                              | 10.30–11.30<br>Faszien Training |  | 11.30-12.30<br>deep-WORK™   | 10.15–11.15<br>BODY PUMP®     |
| 12.30–13.00<br>fle-xx Pur   | <b>NEU!</b><br> |                               |   | 16.00–17.30<br>Kundalini Yoga |                               | 12.30–13.00<br>fle-xx Pur      |                              |                                 |  |   | 11.30–12.30<br>Zumba®         |
|                             |  |                               |   |                               |                               | 17.00–18.00<br>Dance Mix       |                              |                                 |  |   | 16.30–17.00<br>barre®         |
|                             | 17.30–19.00<br>RG Yoga   | 18.30–19.00<br>barre®         |   | 17.30–18.30<br>fle-xx WS      |                               | 18.00–18.30<br>Bauch intensiv  | 17.30–18.30<br>Pilates       | 17.50–18.20<br>Bauch intensiv   | 17.45–18.45<br>Indoor Cycling  | 17.00–18.30<br>Indoor Cycling   | 17.00–17.30<br>Bauch intensiv |
| 17.45–18.45<br>BODY PUMP®   |  | 19.00–20.00<br>deep-WORK™     | 18.00–19.00<br>fle-xx WS  | 18.00–19.00<br>Slow Work      | 18.30–19.30<br>Indoor Cycling | 18.30–19.30<br>Body-forming    | 18.30–20.00<br>Ashtanga Yoga | 18.30–19.30<br>BODY ATTACK®     |  | 17.30–18.30<br>BODY PUMP®   | 17.30–18.30<br>BODY ATTACK®   |
| 19.00–20.00<br>STEP         | 19.00–20.00<br>Indoor Cycling  | 20.00–20.30<br>Bauch intensiv | 19.00–20.00<br>Pilates  | 19.00–20.00<br>BODY PUMP®     | 19.40–20.10<br>Bauch intensiv | 19.30–20.30<br>BODY PUMP®      |                              | 19.30–20.30<br>BODY PUMP®       | 19.00–20.00<br>fle-xx WS   |  |                               |
| 20.00–21.00<br>Body-forming | 20.00–21.00<br>fle-xx WS   | 20.30–21.00<br>fle-xx Pur     | 20.00–21.30<br>Vinyasa Yoga   | 20.15–21.15<br>BODY ATTACK®   |                               |                                | 20.00–21.00<br>fle-xx WS     |                                 |  |   |                               |

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, Do, Fr 09.00 – 12.00 | Di 09.00 – 12.00 und 14.30 – 16.30 | So 09.00 – 13.00 Uhr

# RÜCKGRAT ALTER ZOLLHOF

| MONTAG  |                                 | DIENSTAG                     |   | MITTWOCH                    |                           | DONNERSTAG                  |   | FREITAG                   |                               | SA                            | SO                            |                                  |                                   |                          |
|---|---------------------------------|------------------------------|---|-----------------------------|---------------------------|-----------------------------|---|---------------------------|-------------------------------|-------------------------------|-------------------------------|----------------------------------|-----------------------------------|--------------------------|
| 09.30-10.30<br>fle-xx WS  |                                 | 09.30-10.30<br>Pilates       | 09.30-10.30<br>fle-xx WS  | 09.15-10.15<br>Pilates      | 09.30-10.30<br>fle-xx WS  | 09.30-10.30<br>Felden-krais | 09.30-10.30<br>Pilates  | 09.30-10.30<br>fle-xx WS  |                               | 09.30-10.30<br>Body-forming   | 08.45-09.45<br>Pilates        | 10.30-11.30<br>Zumba®            | 10.30-11.30<br>WORLD JUMPING®     |                          |
|   | 10.35-11.35<br>Eutonie          | 10.30-12.00<br>Faszien Yoga  | 10.30-11.30<br>BODY PUMP®   | 10.30-12.00<br>Vinyasa Yoga | 10.30-11.30<br>Dance      |                             | 10.30-12.00<br>Vinyasa Yoga   | 10.30-11.30<br>BODY PUMP® | 10.35-11.35<br>Pilates        | 10.30-11.30<br>WORLD JUMPING® | 10.00-11.30<br>Vinyasa Yoga   | 10.30-12.00<br>Vinyasa Yoga(YPC) | 10.30-12.00<br>Hatha Yoga(YPC)    |                          |
|  |                                 |                              |  |                             |                           |                             |  |                           | 16.15-17.45<br>Kundalini Yoga |                               |                               | 16.00-17.30<br>RG Yoga           | 11.30-12.30<br>Body-forming       |                          |
| 18.00-18.30<br>Bauch intensiv   | 18.15-19.15<br>WORLD JUMPING®   | 17.30-18.30<br>Pilates       |   |                             | 17.30-18.30<br>Zumba®     |                             | 17.00-18.00<br>Faszien Pilates  | 17.30-18.30<br>fle-xx WS  | 17.45-19.00<br>Vinyasa Yoga   |                               | 16.30-17.30<br>Pilates (YPC)  | 17.00-18.00<br>BODY PUMP®        | 17.00-18.00<br>Pilates (YPC)      |                          |
| 18.30-19.30<br>Box Fitness  |                                 | 18.30-20.00<br>Ashtanga Yoga | 18.00-19.00<br>Zumba®   | 18.00-19.00<br>Pilates      | 18.00-19.30<br>RG Yoga    | 18.30-19.30<br>BODY PUMP®   | 18.00-19.00<br>Pilates  | 18.45-19.45<br>deep-WORK™ | 18.00-19.00<br>Pilates        | 18.15-19.15<br>Zumba®         | 17.30-18.30<br>WORLD JUMPING® | 18.30-20.00<br>Ashtanga Yoga     | 17.30-19.00<br>Faszien Yoga (YPC) | 17.30-18.30<br>fle-xx WS |
| 19.30-20.30<br>BODY PUMP®   | 19.30-20.00<br>Faszien Training |                              | 19.00-20.00<br>deep-WORK™   | 19.00-20.00<br>fle-xx WS    | 19.30-20.15<br>Meditation |                             | 19.00-20.00<br>fle-xx WS  | 19.00-20.30<br>RG Yoga    | 19.45-20.15<br>Bauch intensiv | 19.00-20.00<br>BODY ATTACK®   | 20.00-21.30<br>Hatha Yoga     | 19.30-20.30<br>BODY PUMP®        |                                   |                          |
|   | 20.00-21.00<br>fle-xx WS        |                              | 20.00-21.00<br>BODY ATTACK®   | 20.30-21.30<br>Pilates      |                           |                             | 20.00-21.00<br>WORLD JUMPING®   | 20.30-21.30<br>Pilates    | 20.00-20.30<br>fle-xx Pur     | 20.00-21.30<br>Hatha Yoga     |                               |                                  | 18.15-19.15<br>deep-WORK™         |                          |

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, Di, Do und Fr 09.00 – 12.30 Uhr | Mo, Mi 16.15 – 19.30 Uhr\* | Sa 15.00 – 18.00 Uhr\* | So & feiertags 10.00 – 13.00 Uhr \*nicht in den Sommerferien

# RÜCKGRATWOMAN

| MONTAG                        |   | DIENSTAG                        |                              | MITTWOCH                      |   | DONNERSTAG                    |   | FREITAG                        |                           | SA  | SO                          |
|-------------------------------|---|---------------------------------|------------------------------|-------------------------------|---|-------------------------------|---|--------------------------------|---------------------------|---|-----------------------------|
| 09.30–10.30<br>Zumba®         |   | 09.30–10.30<br>fle-xx WS        |                              | 08.30–09.30<br>fle-xx WS      |   | 09.30–10.30<br>fle-xx WS      |   | 08.30–09.30<br>Beckenboden     |                           |   | 09.30–10.30<br>Body-forming |
| 10.30–11.30<br>Pilates        |   | 10.30–11.30<br>Beckenboden      |                              | 09.30–10.30<br>Pilates        |  | 10.30–11.30<br>WORLD JUMPING® |   | 09.30–10.30<br>Pilates         |                           | 10.30–11.30<br>Zumba®   | 10.30–11.30<br>Pilates      |
| 12.30–13.00<br>fle-xx Pur     |  | 12.30–13.30<br>Zumba®           |                              | 10.30–11.00<br>Bauch intensiv |   | 12.30–13.30<br>Kundalini Yoga |   | 10.30–11.30<br>Dance Mix       |                           | 11.30–12.30<br>Body-forming   |                             |
| 17.00–18.00<br>WORLD JUMPING® |   | 16.30–17.30<br>Ballet Exercises |                              | 16.00–17.00<br>Pilates        |   | 17.00–18.00<br>BODYPUMP®      |   | 14.00–15.30<br>Faszien Pilates |                           |  |                             |
| 18.00–18.30<br>barre®         |   | 17.30–18.30<br>Faszien Pilates  | 18.00–19.30<br>Ashtanga Yoga | 17.00–18.00<br>Piloxing       | 17.30–19.00<br>Vinyasa Yoga   | 18.00–18.30<br>barre®         |   | 16.30–17.30<br>BODYPUMP®       | 16.30–17.30<br>deep-WORK™ |   |                             |
| 18.30–19.00<br>Bauch intensiv | 18.15–19.15<br>Pilates  | 18.30–19.30<br>fle-xx WS        |                              | 18.00–19.00<br>WORLD JUMPING® |   | 18.30–19.00<br>Bauch intensiv | 18.00–19.00<br>deep-WORK™   | 17.30–18.30<br>Bodyforming     | 17.30–18.30<br>Pilates    |   |                             |
| 19.00–20.00<br>Zumba®         | 19.15–20.15<br>bodyART®   | 19.30–20.30<br>deep-WORK™       | 19.30–20.30<br>Bodyforming   | 19.00–20.00<br>BODYPUMP®      |   | 19.00–20.00<br>Dance          | <b>NEU!</b><br> |                                |                           |   |                             |
| 20.00–21.00<br>fle-xx WS      |   |                                 |                              | 20.00–21.00<br>fle-xx WS      |   | 20.00–21.30<br>Hatha Yoga     |   |                                |                           |   |                             |

ÖFFNUNGSZEITEN: Mo, Mi, Fr 07.00 – 22.30 Uhr | Di, Do 09.00 – 22.30 Uhr | Sa 10.00 – 20.00 Uhr | So & feiertags 09.00 – 20.00 Uhr  
KINDERBETREUUNG: Mo, Di, Mi, Fr 09.00 – 12.00 Uhr | Do 09.00 – 12.00 und 15.15 – 18.15 Uhr\* | So 10.00 – 13.00 Uhr \*nicht in den Sommerferien