

KURSE FLUMS

physio**ost**
fitness

| ZEIT | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG |
|-----------|-------------------------------------|--|---|--|---------|
| 06.00 Uhr | | SPINNING (Tobi, Fabian) | | CORE & MOBILITY 45 Min. (Corina) | |
| 09.00 Uhr | BODYPUMP (Claudia) | | TONING & MOBILITY (Claudia) | | |
| 10.10 Uhr | PILATES 50 Min. (Claudia) | | | | |
| 18.15 Uhr | BODYPUMP (Carsten) | TOTAL BODY WORKOUT 75 Min. (Michèle) | | BODYPUMP (Franziska) | |
| 18.30 Uhr | | | FUNTONE (Chime) | | |
| 19.30 Uhr | | ZUMBA (Gaby) | PILATES (Nicole) | HATHA YOGA (Franziska) | |