


Montag 08:00 - 11:00 16:00 - 20:30	Dienstag 08:00 - 11:00 16:00 - 20:30	Mittwoch 08:00 - 11:00 16:00 - 20:30	Donnerstag 07:30 - 12:00 16:00 - 20:30	Freitag 07:30 - 13:00 15:30 - 19:00	Samstag 09:00 - 13:00	Sonntag 08:30 - 12:00
09:00 - 10:00 Happy Monday Zirkel	09:00 - 10:00 Pilates	09:00 - 10:00 Swing & Fun Zirkel	09:00 - 10:00 Faszien & Stretch	09:00 - 10:00 Balance Workout		09:00 - 10:00 Fitness Zirkel
			10:45 - 11:45 ZUMBA® Schulferien=Pause	10:00 - 10:45 Power Zirkel	09:30 - 10:00 Faszien & Stretch	10:00 - 11:00 Bauch-Beine-Po
						
16:30 - 17:30 Wirbelsäulengym	17:00 - 17:55 DeepWork®	<b>NEU!</b> 17:15 - 18:00 Rücken ZIRKEL	<b>NEU!</b> 16:15 - 17:00 ZIRKEL Best Ager	16:00 - 16:45 Happy Weekend Zirkel		
18:00 - 19:00 Power Zirkel	18:00 - 18:50 Latin & Dance Workout	18:00 - 18:55 Bauch-Beine-Po	17:00 - 17:50 Rücken Fit	16:45 - 17:30 Bauch-Beine-Po	<b>bellissima</b> FITNESS FÜR FRAUEN  Deine Kurse im Herbst START am 18.09.23  Tel: 0 84 41 - 27 96 70 <a href="http://www.dein-bellssima.de">www.dein-bellssima.de</a> Adolf-Rebl-Straße 31 · 85276 Pfaffenhofen	
18:00 - 18:55 bodyART®	18:00 - 18:45 Easy STEP Zirkel	<b>NEU! 18:15 - 19:00</b> Kick-Box-Cardio Zirkel	18:00 - 18:50 Fuctional STEP	17:35 - 18:35 Piloxing®		
	19:00 - 20:00 Barre Bodystyling	19:00 - 19:55 Pilates	19:00 - 19:45 Kraft Zirkel			

