

RÜCKGRAT ZO

MO	08.30 Pilates	09.30 Pilates	10.30 fle-xx WS	16.30 Body-forming	17.00 fle-xx Pur 30 Min	2
	17.30 World Jumping	17.30 deep-WORK	18.15 Hatha Yoga 90 Min	18.30 Bauch intensiv 30 Min	18.30 Pilates	2
	19.00 STEP	19.30 fle-xx WS	20.00 Kundalini Yoga 90 Min			
DI	09.30 fle-xx WS	09.30 Body-forming	10.30 Slow Work	10.30 Felden-krais	12.00 fle-xx Pur 30 Min	1
	17.00 Faszien Pilates	17.00 Felden-krais	18.00 bodyART	18.00 Faszien Pilates	18.30 fle-xx WS	2
	19.00 Body-Pump	19.30 Indoor Cycling	19.30 Ashtanga Yoga 90 Min	20.15 Dance		
MI	09.30 fle-xx WS	09.30 Body-forming	10.30 World Jumping	10.30 Pilates	12.30 fle-xx Pur 30 Min	1
	17.30 Bauch intensiv 30 Min	17.30 bodyART	18.00 Box Fitness	18.15 Iyengar Yoga 90 Min	18.30 Pilates	2
	19.15 Body-Pump	19.30 Indoor Cycling	19.45 Faszien Yoga 90 Min	20.30 fle-xx WS		
DO	09.30 Pilates	09.30 fle-xx WS	10.30 Zumba	10.30 Faszien Pilates	17.00 Step	1
	17.00 Felden-krais	18.00 deep-Work	18.00 fle-xx WS	18.15 Kundalini Yoga 90 Min	19.00 Body-forming	1
	19.00 Faszien Pilates	19.45 Faszien Yoga 90 Min	20.00 Zumba			
FR	09.30 Body-forming	09.30 Kundalini Yoga 90 Min	10.30 fle-xx WS	16.00 Hatha Yoga 90 Min	16.30 RG Yoga 90 Min	3
	17.45 Body-Pump	17.45 Indoor Cycling	18.00 Faszien Pilates	19.00 World Jumping	19.00 fle-xx WS	2
	19.30 Hatha Yoga 90 Min					
SA	10.30 Pilates	10.30 Faszien Yoga 90 Min	16.00 Bauch intensiv 30 Min	16.30 Functional Fit		
SO	09.00 Faszien Training	10.00 fle-xx WS	11.00 Pilates	11.00 fle-xx WS	12.00 Body-forming	1
	15.30 Zumba	16.45 Bauch intensiv 30 Min	17.30 Body-Pump			

ÖFFNUNGSZEITEN

Mo, Mi, Fr 07.00 – 22.30 Uhr
 Di, Do 09.00 – 22.30 Uhr
 Sa, So & Feiertage 08.00 – 21.00 Uhr

KINDERBETREUUNG

Mo bis Fr 09.00 – 12.00 Uhr
 Mo, Mi, Sa 15.00 – 18.00 Uhr*
 So & Feiertage 10.00 – 13.30 Uhr
 *nicht in den Sommerferien

RÜCKGRAT ALTER ZOLLHOF

MO	09.30 fle-xx WS	09.30 Pilates	10.30 Faszien Yoga 90 Min	10.35 Eutonie	16.30 Faszien Pilates	3
	17.30 fle-xx Pur 30 Min	17.30 Pilates	18.00 Bauch intensiv 30 Min	18.15 World Jumping	18.30 Box Fitness	1
	18.30 Ashtanga Yoga 90 Min	19.30 Body-Pump	19.30 Faszien Training 30 Min	20.00 fle-xx WS	20.00 Hatha Yoga 90 Min	3
DI	09.30 fle-xx WS	09.30 Pilates	10.30 World Jumping	10.30 Body-Pump	10.30 Vinyasa Yoga 90 Min	3
	17.00 Body-forming	17.30 Pilates	18.00 Dance	18.00 RG Yoga 90 Min	18.30 fle-xx WS	2
	19.00 deep Work	19.30 Body Attack	19.30 Meditation	20.30 Pilates		
MI	09.30 fle-xx WS	09.30 Pilates	10.30 Felden-krais	10.30 Vinyasa Yoga 90 Min	17.00 Faszien Training	3
	17.30 Dance	17.30 Bauch intensiv 30 Min	18.00 World Jumping	18.00 Pilates	18.30 Body-Pump	1
	19.00 fle-xx WS	19.00 RG Yoga 90 Min	20.30 Pilates			
DO	09.30 fle-xx WS	10.30 Body-Pump	10.35 Pilates	16.15 Kundalini Yoga 90 Min	17.30 fle-xx WS	1
	17.45 Vinyasa Yoga 75 Min	18.00 Body-forming	18.45 deep Work	19.00 Body Attack	19.00 Pilates	3
	19.45 Bauch intensiv 30 Min	20.00 Hatha Yoga 90 Min				
FR	08.45 Pilates	09.30 Body-forming	09.30 fle-xx WS	10.00 Vinyasa Yoga 90 Min	10.30 World Jumping	2
	16.00 RG Yoga 90 Min	17.30 World Jumping	17.30 Faszien Pilates	18.15 Zumba	18.30 fle-xx WS	2
	18.30 Ashtanga Yoga 90 Min	19.30 Body-Pump				
SA	10.30 LMI Step	10.30 Vinyasa Yoga 90 Min	16.30 Pilates	17.00 Body-Pump	17.30 Faszien Yoga 90 Min	3
	18.15 deep WORK					
SO	10.30 World Jumping	10.30 Hatha Yoga 90 Min	11.30 Body-forming	17.00 Pilates	17.30 fle-xx WS	2

ÖFFNUNGSZEITEN

Mo, Mi, Fr 07.00 – 22.30 Uhr
 Di, Do 08.00 – 22.30 Uhr
 Sa, So & Feiertage 08.00 – 21.00 Uhr

KINDERBETREUUNG

Mo, Di, Do & Fr 09.00 – 12.30 Uhr
 Mo, Mi 16.15 – 19.45 Uhr* | Sa 15.00 – 18.00 Uhr*
 So & Feiertage 10.00 – 13.00 Uhr
 *nicht in den Sommerferien

RÜCKGRAT STÜHLINGER

MO	09.30 fle-xx WS	10.30 Vinyasa Yoga 90 Min	12.30 fle-xx Pur 30 Min	17.30 RG Yoga 90 Min	17.45 Body-Pump	1
	19.00 Step	19.00 Indoor Cycling	20.00 Body-forming	20.10 fle-xx WS		
DI	07.30 Vinyasa Yoga 90 Min	09.30 Pilates	10.30 Body Pump	11.40 fle-xx Pur 30 Min	17.00 Indoor Cycling	2
	17.50 Grit 30 Min	18.00 fle-xx WS	18.30 deep-WORK	19.00 Pilates	19.30 Grit 30 Min	1
	20.00 CxWorx 30 Min	20.00 Vinyasa Yoga 90 Min	20.30 fle-xx Pur 30 Min			
MI	09.30 fle-xx WS	12.30 fle-xx Pur 30 Min	16.00 Kundalini Yoga 90 Min	17.30 fle-xx WS	18.00 Slow Work	1
	18.30 Indoor Cycling	19.00 Body-Pump	19.40 Bauch intensiv 30 Min	20.10 fle-xx Pur 30 Min	20.15 Body Attack	1
DO	07.30 Vinyasa Yoga 90 Min	09.30 Faszien Pilates	12.30 fle-xx Pur 30 Min	17.30 Pilates	18.00 Bauch intensiv 30 Min	1
	18.30 Body-forming	18.30 Ashtanga Yoga 90 Min	19.30 Body-Pump	20.00 fle-xx WS		
FR	09.30 fle-xx WS	10.30 Faszien Training	17.45 Indoor Cycling	17.50 Bauch intensiv 30 Min	18.30 Body Attack	1
	19.00 fle-xx WS	19.30 Body-Pump				
SA	09.30 fle-xx WS	10.30 Slow Work	11.30 deep WORK	17.00 Indoor Cycling 90 Min	17.30 Body Pump	1
SO	09.00 fle-xx WS	10.15 Body Pump	11.30 Dance	16.30 barre 30 Min	17.00 Bauch intensiv 30 Min	1
	17.30 Body Attack					

ÖFFNUNGSZEITEN

Mo, Mi, Fr 09.00 – 22.30 Uhr
 Di, Do 07.00 – 22.30 Uhr
 Sa, So & Feiertage 08.00 – 21.00 Uhr

KINDERBETREUUNG

Mo, Do, Fr 09.00 – 12.00 Uhr
 Di 09.00 – 12.30 Uhr
 Sa, So & Feiertage 09.00 – 13.00 Uhr

RÜCKGRAT WOMAN

MO	09.30 Dance	10.30 Pilates	12.30 fle-xx Pur 30 Min	17.00 World Jumping	17.00 Body-forming	2
	18.00 Piloxing	18.00 bodyART	19.00 barre 30 Min	19.00 Pilates	19.30 Bauch intensiv 30 Min	1
	20.00 fle-xx WS					
DI	09.30 fle-xx WS	10.30 Becken-boden	12.30 Zumba	13.30 Faszien Yoga 90 Min	16.30 Ballett Exercises	1
	17.30 Faszien Training	18.00 Ashtanga Yoga 90 Min	18.30 fle-xx WS	19.30 Body-forming	19.30 Zumba	2
MI	08.30 fle-xx WS	09.30 Pilates	10.30 Bauch intensiv 30 Min	12.30 fle-xx Pur 30 Min	16.00 Pilates	1
	17.00 Piloxing	17.30 Vinyasa Yoga 90 Min	18.00 World Jumping	19.00 Body Pump	20.00 fle-xx WS	1
DO	09.30 fle-xx WS	10.30 World Jumping	12.30 Kundalini Yoga 90 Min	15.40 LMI Step	16.50 Body Pump	1
	18.15 barre 45 Min	18.00 deep-Work	19.00 Zumba	19.00 Bauch intensiv 30 Min	19.30 fle-xx Pur 30 Min	2
	20.00 Hatha Yoga 90 Min					
FR	08.30 Becken-boden	09.30 Pilates	10.30 Dance	14.00 Faszien Pilates 90 Min	16.00 Bauch intensiv 30 Min	2
	16.30 Body-Pump	16.30 deep Work	17.30 Body-forming	17.30 RG Yoga 90 Min		
SA	09.30 fle-xx WS	10.30 Zumba	11.30 Body-forming			
SO	09.30 Body-forming	10.30 Pilates	16.30 Zumba	17.30 Hatha Yoga 90 Min		

ÖFFNUNGSZEITEN

Mo, Mi, Fr 07.00 – 22.30 Uhr
 Di, Do 09.00 – 22.30 Uhr
 Sa, So & Feiertage 08.00 – 21.00 Uhr

KINDERBETREUUNG:

Mo, Di, Mi 09.00 – 12.00 Uhr
 Do 09.00 – 12.00 Uhr und 15.15 – 18.15 Uhr*
 Fr 08.00 – 12.00 Uhr | Sa, So 09.00 – 13.00 Uhr
 *nicht in den Sommerferien