

RÜCKGRAT ZO

MO	08.30 Pilates	09.30 Pilates	10.30 fle-xx WS	16.30 Body-forming	17.30 World Jumping
	17.30 deep-Work 2	18.15 Hatha Yoga 3	18.30 Core 30 Min	19.00 Pilates	20.00 Kundalini Yoga 3
DI	09.30 Body-forming	09.30 fle-xx WS 2	10.30 bodyArt	10.30 Feldenkrais 3	17.00 Pilates 2
	18.00 bodyArt	19.00 Body-Pump	19.00 fle-xx WS 2	19.30 Ashtanga Yoga 3	20.15 Dance
MI	09.30 Body-forming	09.30 fle-xx WS 2	10.30 Pilates	11.30 World Jumping	12.30 fle-xx WS 30 Min
	17.30 Core 30 Min	17.30 bodyArt 2	18.00 Box Fitness	18.30 Hatha Yoga 3	19.15 Body-Pump
	20.00 Hatha Yoga 3	20.30 fle-xx WS			
DO	09.30 Pilates	10.30 Dance	10.30 fle-xx WS 2	17.00 Step	17.00 bodyArt 2
	18.00 deep-Work	18.00 Kundalini Yoga 3	19.00 Body-forming	19.30 Pilates 2	20.00 Dance
	20.30 fle-xx WS 2	20.30 Hatha Yoga 3			
FR	09.30 Body-forming	09.30 Kundalini Yoga 3	10.30 fle-xx WS	16.00 Hatha Yoga 90 Min	16.30 Vinyasa Yoga 90 Min 3
	17.00 Body-forming 2	17.45 Body-Pump	18.00 Hatha Yoga 3	19.00 World Jumping	19.00 fle-xx WS 30 Min 2
SA	09.30 Body-forming	10.30 Pilates	10.30 Hatha Yoga 90 Min 3	17.00 Core 30 Min	17.30 Step
SO	09.00 Pilates	10.00 fle-xx WS	11.00 Pilates	11.00 fle-xx WS 2	12.00 Body-forming
	15.30 Dance	17.30 Body-Pump			

ÖFFNUNGSZEITEN

Montag – Freitag 07.00 – 22.30 Uhr
Sa, So & Feiertage 08.00 – 21.00 Uhr

RÜCKGRAT ALTER ZOLLHOF

MO	08.00 Hatha Yoga 90 Min 3	09.30 fle-xx WS	09.30 Pilates 3	10.30 Hatha Yoga 90 Min 3	10.35 Eutonie
	17.30 Core 30 Min	17.30 Pilates 3	18.00 Box Fitness	18.30 Ashtanga Yoga 90 Min 3	19.15 Body-Pump
	19.30 fle-xx WS 2	20.00 Hatha Yoga 3			
DI	09.30 fle-xx WS	09.30 Pilates 3	10.30 Vinyasa Yoga 90 Min 3	17.00 Body-forming	17.00 Pilates 3
	18.00 Dance	18.00 Vinyasa Yoga 90 Min 3	18.15 fle-xx WS 2	19.15 Body-Pump	19.30 Meditation 3
MI	08.00 Vinyasa Yoga 3	09.30 fle-xx WS	09.30 Pilates 3	10.30 Feldenkrais 2	10.30 Vinyasa Yoga 90 Min 3
	12.30 Vinyasa Yoga 3	17.00 Dance	17.00 Pilates 3	18.00 Body-Pump	18.00 Pilates 3
	19.00 fle-xx WS 2	19.00 Hatha Yoga 90 Min 3	19.15 deep-Work	20.30 Pilates 3	
DO	09.30 fle-xx WS	10.30 Body-Pump	10.35 Pilates 3	16.00 Kundalini Yoga 90 Min 3	17.00 fle-xx WS
	17.30 Core 2	17.30 Vinyasa Yoga 90 Min 3	18.00 deep-Work	18.00 Body-forming 2	19.00 Body-Attack
	19.00 fle-xx WS 2	19.00 Pilates 3	20.00 Hatha Yoga 90 Min 3		
FR	08.45 Pilates 3	09.30 Body-forming	10.00 Vinyasa Yoga 90 Min 3	16.00 Hatha Yoga 90 Min 3	17.00 fle-xx WS 2
	17.30 Body-Pump	17.30 Pilates 3	18.30 Ashtanga Yoga 90 Min 3		
SA	09.30 Ashtanga Yoga 90 Min 3	11.00 Vinyasa Yoga 90 Min 3	16.30 Pilates 3	17.00 Body-Pump	17.30 deep-Work 2
	17.30 Hatha Yoga 90 Min 3				
SO	09.30 Hatha Yoga 3	10.00 World Jumping	10.30 Hatha Yoga 90 Min 3	11.00 Body-forming	17.00 Pilates 3
	17.30 fle-xx WS				

ÖFFNUNGSZEITEN

Montag – Freitag 07.00 – 22.30 Uhr
Sa, So & Feiertage 08.00 – 21.00 Uhr

RÜCKGRAT STÜHLINGER

MO	09.30 fle-xx WS	10.30 Vinyasa Yoga 90 Min	17.00 Body-Pump 45 Min	17.45 Body-Pump	18.00 Hatha Yoga 2
	19.00 Body-Attack	19.00 Indoor Cycling 2	20.00 Body-forming	20.10 fle-xx WS 2	
DI	09.30 Pilates	10.30 Body-Pump	11.40 fle-xx WS 30 Min	18.00 Dance	18.00 fle-xx WS 2
	19.00 Grit 30 Min	19.00 Pilates 2	19.30 Core 30 Min	20.00 fle-xx WS 30 Min	20.00 Vinyasa Yoga 90 Min 2
MI	08:30 Pilates	09.30 fle-xx WS	16.00 Kundalini Yoga 90 Min 2	17.30 fle-xx WS 2	18.00 Pilates
	18.30 Indoor Cycling 2	19.00 Body-Pump	19.45 Core 2	20.15 fle-xx WS 30 Min 2	
DO	07.30 Vinyasa Yoga	09.30 Pilates	10.30 Body-forming	17.30 Pilates	18.30 Core 30 Min
	18.30 Ashtanga Yoga 90 Min 2	19.00 Grit 30 Min	19.30 Body-Pump	20.00 fle-xx WS 2	
FR	09.30 Vinyasa Yoga 90 Min	17.45 Core 30 Min	17.45 Indoor Cycling 2	18.15 Body-Attack 45 Min	19.00 Body-Pump
	19.00 fle-xx WS 2				
SA	09.30 fle-xx WS 2	10.00 Pilates 90 Min	11.30 deep-Work	14.00 Body-Pump	
SO	09.00 fle-xx WS	10.15 Body-Pump	11.30 Dance	11.30 Core 30 Min 2	17.00 Core 30 Min
	17.30 Body-Attack				

ÖFFNUNGSZEITEN

Montag – Freitag 07.00 – 22.30 Uhr
Sa, So & Feiertage 08.00 – 21.00 Uhr

RÜCKGRAT WOMAN

MO	09.30 Dance	10.30 Hatha Yoga 90 Min	16.00 World Jumping	17.00 Body-forming	18.00 bodyArt
	19.00 Pilates	19.00 Vinyasa Yoga 90 Min 2	20.00 fle-xx WS		
DI	09.30 fle-xx WS	10.30 Beckenboden	12.30 Dance	13.30 Hatha Yoga 90 Min	16.30 Ballet Exercises
	17.30 Faszien-training	17.30 Hatha Yoga 2	18.30 fle-xx WS	19.30 Body-forming	
MI	09.30 Pilates	10.30 Body-forming	16.00 Pilates	17.00 Piloxing	18.00 Vinyasa Yoga
	19.00 Body-Pump	20.00 fle-xx WS			
DO	09.30 fle-xx WS	10.30 Cardio	11.30 Dance	12.30 Kundalini Yoga 90 Min	17.30 bodyArt 2
	18.00 Hula Hoop 30 Min	19.00 Dance	20.00 Vinyasa Yoga 90 Min		
FR	08.30 Beckenboden	09.30 Pilates	10.30 Dance	14.00 Pilates 90 Min	16.00 Core 30 Min
	16.30 deep-Work	17.30 Body-forming	18.30 Hatha Yoga 90 Min		
SA	09.30 fle-xx WS	10.30 Dance	11.30 Body-forming		
SO	09.30 Hula Hoop 45 Min	10.30 Pilates	16.30 Dance	17.30 Hatha Yoga 90 Min	

ÖFFNUNGSZEITEN

Montag – Freitag 07.00 – 22.30 Uhr
Sa, So & Feiertage 08.00 – 21.00 Uhr