

## RÜCKGRAT ZO

<b>MO</b>	08.30 Pilates	09.30 Pilates	10.30 Body-Pump	10.30 fle-xx WS 2	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 fle-xx WS 2
	19.00 Pilates	20.00 Kundalini Yoga 3			
<b>DI</b>	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
<b>MI</b>	08.30 Vinyasa Yoga	09.30 Body-forming	09.30 fle-xx WS 2	10.30 Pilates	11.30 World Jumping
	12.30 fle-xx WS 30 Min 2	17.30 Core 30 Min	17.30 bodyArt 2	18.00 Box Fitness	18.30 fle-xx WS 2
	18.30 Hatha Yoga 3	19.15 Body-Pump	20.00 Hatha Yoga 3		
<b>DO</b>	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	18.30 Core 30 Min 2	19.00 Body-forming	20.00 Dance
	19.45 Hatha Yoga 3	20.30 fle-xx WS 2			
<b>FR</b>	09.30 Body-forming	09.30 Kundalini Yoga 3	10.30 fle-xx WS	16.00 Hatha Yoga 3	16.30 Body-forming
	16.30 Vinyasa Yoga 3	17.45 Body-Pump	18.00 Hatha Yoga 3	19.00 World Jumping	19.00 fle-xx WS 30 Min 2
<b>SA</b>	09.30 Body-forming	10.30 Pilates	10.30 Hatha Yoga 3	17.00 Core 30 Min	17.30 Step
<b>SO</b>	10.00 fle-xx WS	11.00 Pilates	11.00 Faszien-training 2	12.00 Body-forming	15.30 Dance
	17.00 Body-Pump				

### ÖFFNUNGSZEITEN

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

## RÜCKGRAT ALTER ZOLLHOF

<b>MO</b>	08.00 Hatha Yoga 3	09.30 fle-xx WS	09.30 Pilates 3	10.30 Hatha Yoga 3	10.35 Eutonie
	17.30 Core 30 Min	17.30 Pilates 3	18.00 Box Fitness	18.30 Ashtanga Yoga 3	19.00 Fle-xx WS 2
	19.15 Body-Pump	20.00 Hatha Yoga 3			
<b>DI</b>	09.30 Pilates 3	10.00 fle-xx WS	10.30 Vinyasa Yoga 3	17.00 Body-forming	17.00 Pilates 3
	18.00 Dance	18.00 Vinyasa Yoga 3	18.15 fle-xx WS 2	19.15 Body-Pump	19.30 Meditation 3
<b>MI</b>	09.30 fle-xx WS	09.30 Pilates 3	10.30 Body-Pump	10.30 Vinyasa Yoga 3	16.00 Feldenkrais 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 3	19.15 deep-Work	20.30 Pilates 3		
<b>DO</b>	09.00 Vinyasa Yoga 3	09.30 fle-xx WS	10.35 Pilates 3	16.00 Kundalini Yoga 3	17.00 fle-xx WS
	17.30 Core 2	17.30 Vinyasa Yoga 3	18.00 deep-Work	18.00 Body-forming 2	
	19.00 Body-Attack	19.00 fle-xx WS 30 Min 2	19.00 Pilates 3	20.00 Hatha Yoga 3	
<b>FR</b>	08.45 Pilates 3	09.30 Body-forming	10.00 Vinyasa Yoga 3	16.00 Hatha Yoga 3	17.00 fle-xx WS 2
	17.30 Body-Pump	17.30 Pilates 3	18.30 Ashtanga Yoga 3		
<b>SA</b>	09.30 Ashtanga Yoga 3	11.00 Vinyasa Yoga 3	16.30 Pilates	17.30 Hatha Yoga	
<b>SO</b>	09.30 Hatha Yoga 3	10.00 World Jumping	10.30 Hatha Yoga 3	11.00 Body-forming	17.00 Pilates
	18.00 fle-xx WS				

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

## RÜCKGRAT STÜHLINGER

<b>MO</b>	09.30 fle-xx WS	10.30 Vinyasa Yoga 3	17.00 Body-Pump 45 Min	17.30 Vinyasa Yoga 2	17.45 Body-Pump
	19.00 Body-Attack	19.00 Indoor Cycling 2	20.00 Body-forming	20.10 fle-xx WS 2	
<b>DI</b>	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 Pilates 2	19.00 Core 30 Min	19.30 fle-xx WS 30 Min	20.00 Vinyasa Yoga 2	
<b>MI</b>	08:30 Pilates	09.30 fle-xx WS	16.00 Kundalini Yoga 3	17.30 fle-xx WS 2	18.00 Pilates
	18.30 Indoor Cycling 2	19.00 Body-Pump	19.30 Indoor Cycling 2	20.30 fle-xx WS 30 Min 2	
<b>DO</b>	09.30 Pilates	10.30 Body-forming	17.30 Pilates	17.30 Indoor Cycling 2	18.30 Body-forming
	18.30 Ashtanga Yoga 2	19.30 Body-Pump	20.00 fle-xx WS 2		
<b>FR</b>	09.30 Vinyasa Yoga 3	17.45 Core 30 Min	17.45 Indoor Cycling 2	18.15 Body-Attack	19.00 fle-xx WS 2
	19.15 Body-Pump				
<b>SA</b>	09.30 fle-xx WS 2	10.00 Pilates 30 Min	10.30 deep-Work 2	17.30 Body-Pump	18.45 Core 30 Min
<b>SO</b>	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				

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

## RÜCKGRAT WOMAN

<b>MO</b>	09.30 Dance	10.30 Hatha Yoga 3	17.00 Piloxing	17.00 Core 30 Min 2	17.30 booty-Boost 30 Min 2
	18.00 bodyArt	19.00 Pilates	19.00 Vinyasa Yoga 2	20.00 fle-xx WS	
<b>DI</b>	09.30 fle-xx WS	10.30 Beckenboden	12.30 Dance	13.30 Hatha Yoga 3	16.30 Ballet Exercises
	17.30 Faszien-training	17.30 Hatha Yoga 2	18.30 Cardio	18.30 fle-xx WS 2	19.30 Body-forming
<b>MI</b>	09.30 Pilates	10.30 Body-forming	16.00 Pilates	17.00 Piloxing	18.00 Vinyasa Yoga
	19.00 Body-Pump	19.00 fle-xx WS 2			
<b>DO</b>	09.30 fle-xx WS	10.30 Cardio	11.30 Dance	12.30 Kundalini Yoga 30 Min	17.30 bodyArt 2
	18.00 Hula Hoop 30 Min	18.30 Dance	19.30 Vinyasa Yoga 2		
<b>FR</b>	08.30 Beckenboden	09.30 Pilates	10.30 Dance	14.00 Pilates 30 Min	16.00 Core 30 Min
	16.30 deep-Work 2	17.30 Body-forming 2	18.30 Hatha Yoga 3		
<b>SA</b>	09.30 fle-xx WS	10.30 Dance	11.30 Body-forming		
<b>SO</b>	09.30 Hula Hoop 30 Min	10.00 booty-Boost 30 Min	10.30 Pilates	16.30 Dance	17.30 Hatha Yoga 30 Min

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