

RÜCKGRAT ZO

MO	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			
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	08.15 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		
DO	09.30 Pilates	10.30 Dance	10.30 Faszien-training 2	16.15 Body-Pump 30 Min	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
	19.45 Hatha Yoga 3	20.00 Dance	20.30 fle-xx WS 2		
FR	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	17.30 fle-xx WS 30 Min 2	17.45 Body-Pump	18.00 Hatha Yoga 3	19.00 World Jumping
SA	09.30 Body-forming	10.30 Pilates	10.30 Hatha Yoga 3	17.00 Core 30 Min	17.30 Step
SO	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

MO	09.30 fle-xx WS	09.30 Pilates 3	10.30 Hatha Yoga 3	10.35 Eutonie	16.00 Hatha Yoga 3
	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			
DI	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
MI	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	20.00 World Jumping 2	20.30 Pilates 3	
DO	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 30 Min 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		
FR	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		
SA	09.30 Ashtanga Yoga 3	11.00 Vinyasa Yoga 3	16.30 Pilates 3	17.30 Hatha Yoga 3	
SO	09.30 Hatha Yoga 3	10.00 World Jumping	10.30 Hatha Yoga 3	11.00 Body-forming	17.00 Pilates 3

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Montag – Freitag 07.00 – 22.30 Uhr
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RÜCKGRAT STÜHLINGER

MO	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	
DI	09.30 Pilates	10.30 Body-Pump	11.40 fle-xx WS 30 Min	17.00 Indoor Cycling 45 Min 2	18.00 Dance
	18.00 fle-xx WS 2	19.00 Core 30 Min	19.00 Pilates 2	19.30 fle-xx WS 30 Min	20.00 Vinyasa Yoga 2
MI	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 45 Min 2	20.30 fle-xx WS 30 Min 2	
DO	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		
FR	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				
SA	10.00 Pilates 30 Min	10.30 deep-Work 2	17.30 Body-Pump		
SO	09.00 fle-xx WS	10.15 Body-Pump	11.30 Dance	11.30 Body-Balance 2	

ÖFFNUNGSZEITEN

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

RÜCKGRAT WOMAN

MO	09.30 Dance	10.30 Dehnen mit Thai-Einflüssen 30 Min	10.30 Hatha Yoga 2	17.00 Piloxing	17.15 booty-Boost 30 Min 2
	17.45 Core 30 Min 2	18.00 bodyArt	19.00 Pilates	19.00 Vinyasa Yoga 2	20.00 fle-xx WS
DI	09.30 fle-xx WS	10.30 Beckenboden	12.30 Dance	13.30 Hatha Yoga 3	16.30 Ballett Exercises
	17.30 Faszien-training	17.30 Hatha Yoga 2	18.30 Cardio	18.30 fle-xx WS 2	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 2			
DO	08.30 Beckenboden	09.30 Pilates	09.30 fle-xx WS 2	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
FR	09.30 Dance	10.30 Dance & Dehnen	14.00 Pilates 30 Min	16.00 Core 30 Min	16.30 deep-Work 2
	16.30 Body-Pump	17.30 Body-forming 2	18.30 Hatha Yoga 30 Min		
SA	09.30 fle-xx WS	10.30 Dance	11.30 Body-forming		
SO	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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Montag – Freitag 07.00 – 22.30 Uhr
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