

## 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
	17.00 Faszien-training 2	17.30 World Jumping	18.00 Hatha Yoga 90 Min 2	18.30 deep-Work	19.30 Pilates
	19.30 fle-xx WS 30 Min 2	20.00 Kundalini Yoga 90 Min 2			
<b>DI</b>	09.30 Body-forming	09.30 fle-xx WS 2	10.30 bodyArt	10.30 Feldenkrais 2	18.00 bodyArt
	18.30 fle-xx WS 2	19.00 Body-Pump	19.30 Ashtanga Yoga 90 Min 2	20.15 Dance	
<b>MI</b>	08.15 Vinyasa Yoga	09.30 fle-xx WS 2	10.30 Pilates	12.30 fle-xx WS 30 Min 2	17.30 Core 30 Min
	17.30 fle-xx WS 2	18.00 Box Fitness	18.30 bodyArt 2	19.15 Body-Pump	19.30 Hatha Yoga 90 Min 2
<b>DO</b>	09.30 Pilates	09.30 fle-xx WS 2	10.30 Dance	10.30 Faszien-training 90 Min 2	11.30 Body-Pump
	17.00 bodyArt 2	18.00 Body-Pump 45 Min	18.00 fle-xx WS 30 Min 2	18.30 Hatha Yoga 90 Min 2	19.00 Body-forming
	20.00 Dance	20.00 fle-xx WS 2			
<b>FR</b>	09.30 Body-forming	09.30 Kundalini Yoga 90 Min 2	10.30 fle-xx WS	16.30 Hatha Yoga 90 Min 2	17.15 Body-Pump
	18.00 Hatha Yoga 90 Min 2	18.30 fle-xx WS 30 Min	19.00 World Jumping		
<b>SA</b>	09.30 Body-forming	10.30 Pilates	10.30 Hatha Yoga 90 Min 2		
<b>SO</b>	10.00 fle-xx WS	11.00 Pilates	11.00 Faszien-training 2	12.00 Body-forming	17.00 Body-Pump

☀ Findet bei gutem Wetter draußen statt.

### ÖFFNUNGSZEITEN

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

📍 Schwarzwaldstr. 78c | 79117 Freiburg | Tel. 0761-707 6480

## RÜCKGRAT ALTER ZOLLHOF

<b>MO</b>	09.30 fle-xx WS	09.30 Pilates 3	10.30 Hatha Yoga 90 Min 3	10.35 Eutonie	17.30 Core 30 Min
	18.00 Box Fitness	18.30 deep-Work 2	18.30 Ashtanga Yoga 90 Min 3	19.15 Body-Pump	19.30 fle-xx WS 30 Min 2
<b>DI</b>	09.30 Faszien-pilates 3	10.00 fle-xx WS	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
<b>MI</b>	09.30 fle-xx WS	09.30 Pilates 3	10.30 Body-Pump	10.30 Vinyasa Yoga 90 Min 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 90 Min 3	19.15 deep-Work	20.30 Pilates 3		
<b>DO</b>	09.00 Vinyasa Yoga 3	09.30 fle-xx WS	10.45 Pilates 3	16.00 Kundalini Yoga 3	17.00 fle-xx WS
	17.30 Core 30 Min 2	17.30 Vinyasa Yoga 90 Min 3	18.00 Body-forming	18.00 deep-Work 2	19.00 fle-xx WS 30 Min 2
	19.00 Pilates 3				
<b>FR</b>	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 Vinyasa Yoga 90 Min 3				
<b>SA</b>	09.30 Ashtanga Yoga 90 Min 3	11.00 Vinyasa Yoga 90 Min 3	17.30 Pilates	17.30 Hatha Yoga 90 Min 3	
<b>SO</b>	09.30 Hatha Yoga 3	10.00 Dance	10.30 Hatha Yoga 90 Min 3	11.00 Body-forming	17.00 Pilates 3

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📍 Güterhallenstr. 11 | 79106 Freiburg | Tel. 0761-386 909 90

## RÜCKGRAT STÜHLINGER

<b>MO</b>	09.30 fle-xx WS	10.30 Vinyasa Yoga 90 Min	17.00 Body-Pump	17.30 Vinyasa Yoga 90 Min 2	18.00 Body-Attack
	19.00 Dance	19.00 Indoor Cycling* 2	20.00 Body-Pump	20.10 fle-xx WS 2	
<b>DI</b>	09.30 Pilates	10.30 Body-Pump	17.00 Indoor Cycling* 2	17.30 Step	18.00 fle-xx WS 2
	18.30 Grit 30 Min	19.00 Core 30 Min	19.00 Pilates 2	19.30 fle-xx WS 30 Min	20.00 Vinyasa Yoga 90 Min 2
<b>MI</b>	08.30 Pilates	09.30 fle-xx WS	17.30 fle-xx WS 2	18.00 Pilates	18.30 Core 30 Min 2
	19.00 Body-Pump	19.00 Indoor Cycling* 2	20.00 Body-Attack	20.10 fle-xx WS 30 Min 2	
<b>DO</b>	08.30 Body-forming	09.30 Pilates	17.30 Pilates	17.30 Indoor Cycling* 2	18.30 Grit 30 Min
	18.30 Ashtanga Yoga 90 Min 2	19.00 Body-Balance 30 Min	19.30 Body-Pump	20.00 fle-xx WS 2	
<b>FR</b>	09.00 fle-xx WS 2	09.30 Vinyasa Yoga 90 Min	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>	10.00 Pilates 90 Min	10.30 deep-Work 2			
<b>SO</b>	09.00 fle-xx WS	10.15 Body-Pump	11.30 Dance	11.30 Body-Balance 2	

\*ACHTUNG: Dieser Kurs hat eine begrenzte Teilnehmerzahl. Bitte melden Sie sich persönlich an der Rezeption an.

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Montag – Freitag 07.00 – 22.30 Uhr  
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📍 Klarastr. 100 | 79106 Freiburg | Tel. 0761-156 48 00

## RÜCKGRAT WOMAN

<b>MO</b>	08.00 Body-Pump	09.15 fle-xx WS 2	09.30 Dance	10.30 Dehnen mit Thai-Einflüssen 30 Min	17.30 booty-Boost 30 Min
	18.00 Core 30 Min	18.00 bodyArt 2	18.30 Pilates	19.00 fle-xx WS 2	
<b>DI</b>	09.30 fle-xx WS	10.30 Beckenboden	10.30 booty-Boost 30 Min 2	11.00 Core 30 Min 2	13.30 Hatha Yoga 90 Min
	16.30 Ballett Exercises	18.30 fle-xx WS	19.30 Body-forming		
<b>MI</b>	09.00 Body-forming	10.00 fle-xx WS 30 Min	10.30 Pilates	16.00 Pilates	17.00 Piloxing
	18.00 Vinyasa Yoga	19.00 Body-Pump	20.00 fle-xx WS 2		
<b>DO</b>	08.30 Beckenboden	09.30 Pilates	10.30 Cardio	11.30 Body-Balance	12.30 Kundalini Yoga 90 Min
	17.30 bodyArt 2	18.00 Hula Hoop 30 Min	18.30 Dance	18.30 Body-forming 2	19.30 Vinyasa Yoga 90 Min
<b>FR</b>	09.30 Dance	10.30 Dance & Dehnen	14.00 Faszien-training 90 Min	16.30 Body-Pump	17.45 Cardio
<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 90 Min

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📍 Fahnenbergplatz 3 | 79098 Freiburg | Tel. 0761-28 52 99 53

## RÜCKGRAT BAD KROZINGEN

<b>MO</b>	10.00 Core 30 Min	18.00 Body-Pump	19.00 Body-Combat	19.00 Yoga 90 Min 2	20.30 Meditation 30 Min 2
<b>DI</b>	08.30 Pilates 2	09.30 Body-forming	10.30 fle-xx WS 2	18.00 fle-xx WS 2	18.30 Body-forming
	19.00 Yoga 2	19.30 Core 30 Min	20.00 Stress Less 2		
<b>MI</b>	09.00 fle-xx WS 2	09.30 Core 30 Min	10.00 Yoga 2	17.30 Yoga 90 Min 2	18.00 Body-Pump
	19.15 Body-Balance 30 Min 2	19.45 fle-xx WS 2			
<b>DO</b>	08.30 fle-xx WS 30 Min 2	09.00 Pilates 2	10.00 Body-forming	17.30 Core 30 Min	18.00 Pilates 2
	18.00 Indoor Cycling*	19.00 Dance	19.00 fle-xx WS 2		
<b>FR</b>	10.00 Body-forming	16.00 Body-Pump	17.00 Body-forming	18.00 Body-Combat	18.00 fle-xx WS 2
	19.00 Pilates 2				
<b>SA</b>	09.30 Yoga 75 Min 2	11.00 Yoga 75 Min 2			
<b>SO</b>	10.00 Body-forming	11.00 fle-xx WS 2			

\*ACHTUNG: Dieser Kurs hat eine begrenzte Teilnehmerzahl. Bitte melden Sie sich persönlich an der Rezeption an.

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📍 Tulpenbaumallee 22b | 79189 Bad Krozingen | Tel. 07633-98 83 70