

## 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 1	18.00 Hatha Yoga 2	18.30 deep-Work 1	19.30 Pilates 1
	19.30 fle-xx WS 2	20.00 Kundalini Yoga 2			
<b>DI</b>	09.30 Body-forming	09.30 fle-xx WS 2	10.30 Feldenkrais	10.30 bodyArt 2	11.30 Body-Pump 1
	18.00 bodyArt	18.30 fle-xx WS 2	19.00 Body-Pump	19.30 Ashtanga Yoga 2	20.15 Dance 1
<b>MI</b>	08.15 Vinyasa Yoga 1	09.30 fle-xx WS 2	10.00 Core 1	10.30 Pilates 1	12.30 fle-xx WS 2
	16.00 Laufen ☀️	17.30 Core 30 Min	17.30 fle-xx WS 2	18.00 Box Fitness 1	18.30 bodyArt 2
	19.15 Body-Pump 1	19.30 Hatha Yoga 2			
<b>DO</b>	09.30 Pilates 1	09.30 fle-xx WS 2	10.30 Dance 1	10.30 Faszien-training 2	11.30 Body-Pump 1
	17.00 bodyArt 2	18.00 Body-Pump 1	18.00 fle-xx WS 2	18.30 Hatha Yoga 2	19.00 Body-forming 1
	20.00 Dance 1	20.00 fle-xx WS 2			
<b>FR</b>	09.30 Body-forming 1	09.30 Kundalini Yoga 2	10.30 fle-xx WS 1	16.30 Hatha Yoga 2	17.15 Body-Pump 1
	18.00 Hatha Yoga 2	18.30 fle-xx WS 30 Min 1	19.00 World Jumping 1		
<b>SA</b>	09.30 Body-forming 1	10.30 Hatha Yoga 1	10.30 Pilates 2		
<b>SO</b>	10.00 fle-xx WS 1	11.00 Pilates 1	11.00 Faszien-training 2	12.00 Body-forming 1	17.00 Body-Pump 1

☀️ Findet immer 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 64 80

## RÜCKGRAT ALTER ZOLLHOF

<b>MO</b>	09.30 fle-xx WS 1	09.30 Pilates 3	10.30 Hatha Yoga 2	10.35 Eutonie 1	17.30 Core 1
	18.00 Box Fitness 1	18.30 deep-Work 2	18.30 Ashtanga Yoga 3	19.15 Body-Pump 1	19.30 fle-xx WS 2
<b>DI</b>	09.30 Faszien-pilates 3	10.00 fle-xx WS 1	10.30 Vinyasa Yoga 3	17.00 Body-forming 1	17.00 Pilates 3
	18.00 Dance 1	18.00 Vinyasa Yoga 3	18.15 fle-xx WS 2	19.15 Body-Pump 1	
<b>MI</b>	09.30 fle-xx WS 1	09.30 Pilates 3	10.30 Body-Pump 1	10.30 Vinyasa Yoga 3	16.00 Feldenkrais 3
	17.00 Pilates 3	18.00 Body-Pump 1	18.00 Pilates 3	19.00 fle-xx WS 2	19.00 Hatha Yoga 3
	19.15 deep-Work 1	20.30 Pilates 3			
<b>DO</b>	09.00 Vinyasa Yoga 3	09.30 fle-xx WS 1	10.45 Pilates 3	16.00 Kundalini Yoga 3	17.00 fle-xx WS 1
	17.30 Core 2	17.30 Vinyasa Yoga 3	18.00 Body-forming 1	18.00 deep-Work 2	19.00 fle-xx WS 2
	19.00 Pilates 3				
<b>FR</b>	08.00 Hatha Yoga 3	10.00 Vinyasa Yoga 3	16.00 Hatha Yoga 3	17.00 Core 1	17.00 fle-xx WS 2
	17.30 Body-Pump 1	17.30 Pilates 3	18.30 Vinyasa Yoga 3		
<b>SA</b>	09.30 Ashtanga Yoga 3	11.15 Vinyasa Yoga 3	17.30 Pilates 1	17.30 Hatha Yoga 3	
<b>SO</b>	09.30 Hatha Yoga 3	10.00 Dance 1	10.30 Hatha Yoga 3	11.00 Body-forming 1	17.00 Pilates 3

### ÖFFNUNGSZEITEN

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

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

## RÜCKGRAT STÜHLINGER

<b>MO</b>	08.30 Body-Balance 1	09.30 fle-xx WS 1	10.30 Vinyasa Yoga 1	17.00 Body-Pump 1	17.30 Vinyasa Yoga 2
	18.00 Body-Attack 1	19.00 Dance 1	19.00 Indoor-Cycling* 2	20.00 Body-Pump 1	20.10 fle-xx WS 2
<b>DI</b>	09.30 Pilates 1	10.30 Body-Pump 1	17.30 Body-forming 1	18.15 SPRINT* 2	18.30 Grit 1
	19.00 Core 30 Min 1	19.00 Pilates 2	19.35 fle-xx WS 30 Min 1	20.00 Vinyasa Yoga 2	
<b>MI</b>	08.30 Pilates 1	09.30 fle-xx WS 1	10.00 Vinyasa Yoga 2	18.00 Pilates 1	18.00 Core 2
	18.30 Indoor-Cycling* 2	19.00 Body-Pump 1	20.00 fle-xx WS 2		
<b>DO</b>	08.30 Body-forming 1	09.30 Pilates 1	17.30 Pilates 1	17.30 Indoor-Cycling* 2	18.30 Grit 1
	18.30 Ashtanga Yoga 2	19.00 Body-Balance 30 Min 1	19.40 Body-Pump 1	20.00 fle-xx WS 2	
<b>FR</b>	08.15 Body-Pump 45 Min 1	09.00 fle-xx WS 2	09.30 Vinyasa Yoga 1	17.45 Core 30 Min 1	17.45 Indoor-Cycling* 2
	18.15 Body-Attack 1	19.15 Body-Pump 1			
<b>SA</b>	10.00 Pilates 90 Min 1	10.30 deep-Work 2			
<b>SO</b>	09.00 fle-xx WS 1	10.15 Body-Pump 1	11.30 Dance 1	11.30 Body-Balance 2	

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

### ÖFFNUNGSZEITEN

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

📍 Klarastr. 100 | 79106 Freiburg | Tel. 0761-156 48 00

## RÜCKGRAT WOMAN

<b>MO</b>	08.00 Body-Pump 1	09.30 Dance 1	17.30 booty-Boost 30 Min 1	18.00 Core 30 Min 1	18.00 bodyArt 2
	18.30 Pilates 1	19.30 fle-xx WS 2			
<b>DI</b>	09.30 fle-xx WS 1	10.30 Beckenboden 1	13.30 Hatha Yoga 90 Min 1	16.30 Ballett Exercises 1	18.30 fle-xx WS 1
	19.30 Body-forming 1				
<b>MI</b>	09.00 Body-forming 1	10.30 Pilates 1	16.00 Pilates 1	17.00 Piloxing 1	18.00 Vinyasa Yoga 1
	19.00 Body-Pump 1	20.00 fle-xx WS 2			
<b>DO</b>	08.30 Beckenboden 1	09.30 Pilates 1	10.30 Cardio 1	12.30 Kundalini Yoga 90 Min 1	17.30 Core 30 Min 1
	17.30 bodyArt 2	18.00 Hula Hoop 30 Min 1	18.30 Dance 1	19.30 Vinyasa Yoga 90 Min 1	
<b>FR</b>	09.30 Dance 1	09.30 fle-xx WS 2	14.00 Faszien-training 90 Min 1	16.30 Body-Pump 1	
<b>SA</b>	09.30 fle-xx WS 1	10.30 Dance 1	11.30 Body-forming 1		
<b>SO</b>	09.30 Hula Hoop 30 Min 1	10.00 booty-Boost 30 Min 1	10.30 Pilates 1	16.30 Dance 1	17.30 Hatha Yoga 90 Min 1

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

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

## RÜCKGRAT BAD KROZINGEN

<b>MO</b>	10.00 Core 30 Min 1	17.15 SPRINT* 30 Min 1	18.00 Body-Pump 1	18.00 Body-Balance 2	19.00 Body-Combat 1
	19.00 Yoga 90 Min 2	20.30 Meditation 30 Min 2			
<b>DI</b>	09.30 Body-forming 1	10.30 fle-xx WS 2	18.00 fle-xx WS 2	18.30 Body-forming 1	19.00 Rückenfit 2
	19.30 Core 30 Min 1				
<b>MI</b>	09.00 fle-xx WS 2	09.30 Core 30 Min 1	10.00 Yoga 2	17.30 Yoga 90 Min 2	18.00 Body-Pump 1
	19.15 SPRINT* 30 Min 1	19.15 Body-Balance 30 Min 2	19.45 fle-xx WS 2		
<b>DO</b>	08.30 fle-xx WS 2	09.00 Pilates 2	10.00 Body-forming 1	17.30 Core 30 Min 1	18.00 Indoor-Cycling* 1
	18.00 Pilates 2	19.00 Dance 1	19.00 fle-xx WS 2		
<b>FR</b>	10.00 Body-forming 1	16.00 Body-Pump 1	17.00 Body-forming 1	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 1	11.00 fle-xx WS 2	12.00 fle-xx WS 30 Min 2		

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