

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:15 Bodystyle 1	07:30 Wakeup Yoga 1	08:30 Bleib Fit 1	09:00 Powerback 1	07:30 Wakeup Yoga 1	10:00 Pilates 1
09:15 WSG 1	08:30 Powerback 1	09:30 Pilates 1	10:00 WSG 1	08:30 BBP meets Pilates 2	
10:15 Stretching 1	09:30 Deepwork 1		11:00 Faszienfitness 1	09:00 Iron System 1	11:00 Yoga 1
17:00 Functional Training 1	17:00 HIIT & Core 1	17:00 WSG 2	17:00 HIIT 2	10:00 Faszienfitness 1	14:00 Cross Work 1
17:00 Pilates 1	17:30 Rückenfit & Balance 2	17:30 Langhantel Workout 1	17:00 Pilates 1	10:30 Zumba Gold 1	
18:00 Langhantel Workout 1	18:30 Kettlebell 1	18:00 Yoga 2	18:00 Core & Flow 1	16:00 Yoga & Recovery 1	09:30 Powerback 1
18:45 Cycling 2	18:30 Yin Yoga 2	18:30 Jumping 1	18:00 Zumba Fitness 2	17:00 WSG 1	10:30 Power Yoga 1
19:00 Zumba Fitness 1	19:30 Dance & Groove 1	19:15 Cycling 2	18:30 Kettlebell 1	17:00 Cycling 2	
20:00 Faszienfitness 1		19:30 Functional Training 1		18:00 Step & Groove 2	

Legende

- 1 großer Kursraum
2 kleiner Kursraum

F R E I R A U M

Anmeldung unter www.freiraum-bayreuth.de/unser-kursplan

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