

GROUP CLASSES JR BÖTZOW

JR JOHN REED
FITNESS

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8:00	VINYASA YOGA 08:00 - 09:00	SIXPACK 19:00 - 19:30	SHAPE IT 08:00 - 09:00				
9:00	PILATES 09:00 - 10:00	TOTAL BODY WORKOUT 09:00 - 10:00	BACK 09:00 - 09:30				
10:00	PUMP IT 10:00 - 11:00	SHAPE IT 10:00 - 11:00		SHAPE IT 10:00 - 11:00	VINYASA YOGA (EN) 09:30 - 10:30	BARRE 10:00 - 11:00	
11:00					PILATES (EN) 10:30 - 11:30	SIXPACK 11:00 - 11:30	POWER YOGA 10:30 - 11:30
12:00						VINYASA YOGA 11:30 - 12:30	PILATES 11:30 - 12:30
13:00							
16:00							
17:00	SHAPE IT 17:00 - 18:00	PUMP IT 17:00 - 18:00	VINYASA YOGA 16:30 - 17:30		SHAPE IT 17:00 - 18:00		VINYASA YOGA 17:00 - 18:00
18:00	LATIN BEATS 18:00 - 19:00	POWER YOGA 18:00 - 19:00	BEATS & BURN 17:30 - 18:00	SIXPACK 17:30 - 18:00			
19:00	SIXPACK 19:00 - 19:30	TOTAL BODY WORKOUT 19:00 - 20:00	TOTAL BODY WORKOUT 18:00 - 19:00	PILATES 18:00 - 19:00	BEATS & BURN 18:00 - 18:30		PUMP IT 18:00 - 19:00
20:00	PUMP IT 19:30 - 20:30		BOXING CLUB 19:00 - 20:00	PUMP IT 19:00 - 20:00	PUMP IT 18:30 - 19:30		HIP HOP BEATS 19:00 - 20:00
	BEATS & BURN 20:30 - 21:00	BOXING CLUB 20:00 - 21:00	YIN YOGA 20:00 - 21:00	SHAPE IT 20:00 - 21:00	POWER YOGA (EN) 19:30 - 20:30		

RUNNING CLASSES JR BÖTZOW



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
7:00	RUNNING MIIT 07:30 - 08:30	RUNNING HIIT 07:30 - 08:00	RUNNING LIIT 07:30 - 08:30	RUNNING HIIT 07:30 - 08:00	RUNNING MIIT 07:30 - 08:30		
8:00							
8:30							
9:00							
16:00							
17:00							
18:00		RUNNING HIIT 18:30 - 19:00		RUNNING LIIT 18:00 - 19:00	RUNNING HIIT 17:30 - 18:00		
19:00	RUNNING HIIT 19:30 - 20:00		RUNNING HIIT 19:00 - 19:30				
20:00							
21:00							

REFORMER PILATES JR BÖTZOW

JR JOHN REED
FITNESS

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8:00	REFORMER STRONG 08:00 - 09:00			REFORMER STRONG 08:30 - 09:30			
9:00	REFORMER STRONG 09:00 - 10:00	REFORMER STRETCH 09:00 - 10:00	REFORMER STRONG 09:00 - 10:00	REFORMER STRETCH 09:30 - 10:30	REFORMER STRETCH 09:00 - 10:00		
10:00	REFORMER STRETCH 10:00 - 11:00	REFORMER STRONG 10:00 - 11:00	REFORMER STRETCH 10:00 - 11:00			REFORMER STRONG 10:00 - 11:00	
11:00		REFORMER STRONG 11:00 - 12:00				REFORMER STRETCH 11:00 - 12:00	REFORMER STRONG 10:30 - 11:30
12:00						REFORMER STRONG 12:00 - 13:00	REFORMER STRETCH 11:30 - 12:30
13:00							REFORMER STRETCH 12:30 - 13:30
16:00							
17:00					REFORMER STRONG 17:00 - 18:00		
18:00		REFORMER STRONG 18:00 - 19:00	REFORMER STRONG 17:30 - 18:30		REFORMER STRETCH 18:00 - 19:00		
19:00	REFORMER STRONG 18:30 - 19:30	REFORMER STRONG 19:00 - 20:00	REFORMER STRETCH 18:30 - 19:30	REFORMER STRONG(EN) 18:30 - 19:30			
20:00	REFORMER STRONG 19:30 - 20:30	REFORMER STRETCH 20:00 - 21:00	REFORMER STRONG 19:30 - 20:30	REFORMER STRETCH(EN) 19:30 - 20:30			