

### KONTAKT

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### WHATSAPP & INSTAGRAM

Instagram: @movin\_fitness  
WhatsApp-Kanal: News, Aktionen  
& Updates aus dem Studio  
QR-Code scannen und direkt folgen



| MONTAG                                                                           | DIENSTAG                                                                         | MITTWOCH                                                          | DONNERSTAG                                                                   | FREITAG                                      | SAMSTAG                                                                          | SONNTAG                                                                          |
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| 26.12.                                                                           | 27.12.                                                                           | 28.12.                                                            | 29.12.                                                                       | 30.12.                                       | 31.12.                                                                           | 01.01.                                                                           |
| <div>08:45-09:30<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> | <div>08:45-09:30<br/>Best Age - Vital &amp; Mobil - 60+</div>                    | <div>08:45-09:45<br/>Pilates Matte</div>                          | <div>08:45-09:45<br/>Bauch   Beckenboden   Rücken</div>                      | <div>18:00-19:00<br/>Yoga Vinyasa Flow</div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> |
| <div>09:00-10:00<br/>Yoga am Morgen</div>                                        | <div>16:30-17:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> | <div>18:00-19:00<br/>Rückenfit meets Physiofitness</div>          | <div>10:00-11:00<br/>Yoga Balance</div>                                      |                                              |                                                                                  |                                                                                  |
| <div>10:15-11:00<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> | <div>17:30-18:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> | <div>19:15-20:15<br/>Commercial - Tanzen für Erwachsene</div>     | <div>17:30-18:30<br/>Pilates Matte</div>                                     |                                              |                                                                                  |                                                                                  |
| <div>18:15-19:00<br/>PI-YO-CO<br/><small>Pilates Yoga Core</small></div>         | <div>19:15-20:15<br/>Hot Iron<br/><small>Langhanteltraining</small></div>        | <div>19:15-20:00<br/>Step Aerobic<br/><div>NEUER KURS</div></div> | <div>18:45-19:30<br/>BoCaLethics<br/><small>Boot Camp Athletic</small></div> |                                              |                                                                                  |                                                                                  |
| <div>19:15-20:15<br/>Bauch-Beine-Po</div>                                        |                                                                                  |                                                                   |                                                                              |                                              |                                                                                  |                                                                                  |
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