

| Montag | | |
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| Raum 1 | PRAMA® Raum | Raum 2 |
| | 09.45 – 10.45 FASZInation Rücken -Dani- | 09.45 - 10.45 Yin Yang Yoga -Jana- 🦶 |
| 11.00 – 11.45 Senioren- Zumba -Jeannette/Julia- | 09.00 - 09.45 & 11.00 - 13.45 PRAMA® Workout of the Day Freies Training | |
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| | 16.00 - 17.45 & 20.00 - 20.45 PRAMA® Workout of the Day Freies Training | 16.15 - 17.00 & 17.00 - 17.45 GuFiE Kids I & II - Blockkurs - |
| 17.45 - 18.45 Yin Yang Yoga -Tine- | 17.45 - 18.45 Dance Aerobic Mix -Christin- | 18.00 - 19.00 Jumping Fitness -Esther- |
| 19.00 - 20.00 Zumba® Fitness -Michelle- | 19.00 – 19.45 PRAMA® Fitness | 19.15 – 20:00 4D Pro® -Esther- |

| Dienstag | | |
|---|---|--|
| Raum 1 | PRAMA® Raum | Raum 2 |
| 09.45 – 10.30 AquaFit (Badehaus Urberach) | 09.30 – 10.15 Tabata HIIT -Julia- 🦶 | |
| | 10.15 - 13.45 PRAMA® Workout of the Day Freies Training | 10.30 - 11.15 4D Pro® -Julia- 🦶 |
| 12.15 - 12.45 Yoga Lunch Flow (30min) -Jana- | | |
| | 16.00 – 20.45 PRAMA Workout of the Day Freies Training | 17.45 - 18.30 Aqua Tabata HIIT (Badehaus Urberach) |
| 18.00 – 19.00 Body&Mind/ KAHA -Sonja- | | 18.00 - 19.00 Jumping Fitness -Lea- |
| | | 19.15 – 20.15 Langhantel- Kettlebell-Mix -Mike- |

| Mittwoch | | |
|---|---|---|
| Raum 1 | PRAMA® Raum | Raum 2 |
| | 09.00 – 10.15 PRAMA® Workout of the Day Freies Training | 09.30 – 10.15 Stretching -Julia- |
| | 10.30 – 11.30 PRAMA® Fitness Mix -Julia- 🦶 (auch für Senioren sehr gut geeignet) | |
| | 11.45 - 13.45 PRAMA® Workout of the Day Freies Training | |
| | 16.00 – 20.45 PRAMA® Workout of the Day Freies Training | 17.15 - 18.00 Jumping Fitness -Kati- |
| 18.00 – 19.00 AROHA® -Jessie- | | 18.15 – 19.00 4DPro® -Elena- |
| 19.15 – 20.15 Yoga Flow -Nina- | | 19.15 – 20:15 Body Attack -Elena- |



| Donnerstag | | |
|---|--|---|
| Raum 1 | PRAMA® Raum | Raum 2 |
| 09.45 – 10.30 AquaFit (Badehaus Urberach) | 09.00 – 13.45 PRAMA® Workout of the Day Freies Training | 09.15 - 10.15 Yoga Morning Flow -Julia- |
| | | 10.30 - 11.00 Tabata HIIT Xpress (30min) -Julia- |
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| 17.15 - 18.00 GuFiE Kids III - Blockkurs - | 16.00 – 18.00 & 20.10 - 20.45 PRAMA® Workout of the Day Freies Training | |
| 18.15 – 19.15 Yin Yang Yoga -Tine- | 18.15 – 19.00 PRAMA® Fitness -Julia- | 18.00 – 19.00 Zumba® Gold -Jeannette- |
| | 19.15 – 20.05 RückenFit /CoreFit meets FASZIO -Petra- | |

| Freitag | | |
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| Raum 1 | PRAMA® Raum | Raum 2 |
| | 09.00 – 12.00 PRAMA® Workout of the Day Freies Training | 09.15 - 10.15 Jumping Fitness -Kati- 🦶 |
| | | 10.30 - 11.15 4D Pro® -Julia- 🦶 |
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| | 12.15 - 12.45 PRAMA® Lunch Break (30min) -Julia- | |
| 16.15 - 17.00 GuFiE Kids III - Blockkurs - | 15.00 – 19.45 PRAMA® Workout of the Day Freies Training | 17.00 - 18.00 Jumping Fitness -Mike- |
| 17.45 – 18.30 Aqua Tabata HIIT (Badehaus Urberach) | | 18.15 - 19.00 Core HIIT Workout Bauch intensiv -Mike- |

| Samstag | | |
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| Raum 1 | PRAMA® Raum | Raum 2 |
| | 10.00 – 14.45 PRAMA® Workout of the Day Freies Training | 10.15 – 11.15 Body Workout -Lea- |
| 11.30 – 12.30 Yoga Special (Siehe Aushang) | | 11.30 - 12.30 Jumping Fitness -Lea- |
| | | 13.00 - 14.00 Zumba® Fitness -Sitara- |

| Sonntag | | |
|---|---|---|
| Raum 1 | PRAMA® Raum | Raum 2 |
| | 10.15 – 11.00 PRAMA® Fatburner -Elena- | 10.15 – 11.15 Jumping Fitness -Esther- |
| 11.15 - 12.05 FASZInation Entspannung | | 11.15 – 14.45 PRAMA® Workout of the Day Freies Training |

Alle Kurse sind reservierungspflichtig über
unseren Online Buchungskalender:

[https://www.supersaas.de/schedule/
jumpingfitness_roedermark/Jumping_Fitness](https://www.supersaas.de/schedule/jumpingfitness_roedermark/Jumping_Fitness)

Mamis aufgepasst:

Alle Kurse mit 🦶 sind auch mit Baby möglich

Öffnungszeiten

MO: 09.00 - 14.00 Uhr, 16.00 – 21.00 Uhr
DI: 09.00 - 14.00 Uhr, 16.00 – 21.00 Uhr
MI: 09.00 - 14.00 Uhr, 16.00 – 21.00 Uhr
DO: 09.00 - 14.00 Uhr, 16.00 – 21.00 Uhr
FR: 09.00 - 14.00 Uhr, 15.00 – 20.00 Uhr
SA: 10.00 – 15.00 Uhr
SO: 10.00 – 15.00 Uhr

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