



VORMITTAG

ABEND/NACHMITTAG

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|--|--|---|-------------------------------------|
| 09:00 - 10:30 R3 YOGA | 09:15 - 10:15 R2 DANCE AEROBIC | 09:00 - 10:30 R3 YOGA + ATEMTECHNIK | 09:15 - 10:30 R3 YOGA | 08:55 - 09:55 R2 BODY PUMP | 10:30 - 12:00 R3 YOGA + ATEMTECHNIK | 10:00 - 11:00 R2 SPECIALS |
| 10:35 - 11:35 R3 GYMNASTIK AUF DEM STUHL | 09:30 - 10:30 R1 WSG | 09:30 - 10:30 R1 WSG | 09:30 - 10:30 R2 MUSKELFIT | 09:00 - 10:30 R3 YOGA + ATEMTECHNIK | 10:00 - 11:00 R2 ZUMBA | 11:00 - 12:00 R2 SPECIALS |
| 10:00 - 11:00 R2 ZUMBA | 10:20 - 11:20 R2 MUSKELFIT | 09:30 - 10:30 R2 ZUMBA | 10:30 - 11:30 R2 ZUMBA | 09:30 - 10:30 R1 MUSKELFIT | 11:00 - 12:00 R2 PILATES / BALANCE | |
| 11:00 - 11:30 R2 BAUCH SPEZIAL | | 10:30 - 11:30 R2 BODY PUMP | 10:35 - 11:35 R3 GYMNASTIK AUF DEM STUHL | 10:05 - 11:00 R2 AEROBIC | | |
| | | 10:30 - 11:45 R3 RÜCKENYOGA | | 10:15 - 11:15 CA CYCLING | | |
| | | | | 10:45 - 11:45 R3 FASZIENFIT/ PILATES | | |
| | | | | 11:00 - 12:00 R2 BAUCH & STRETCH | | |
| 17:00 - 18:00 R2 LMI STEP | | | | | | |
| 17:00 - 17:50 R3 PILATES | 17:00 - 18:00 R2 BODY PUMP | 17:00 - 18:00 R2 BODY PUMP | 17:30 - 19:00 BB CHALLENGE | 17:10 - 18:10 R1 JUMPING FITNESS | 15:00 - 16:00 R2 BODY PUMP | |
| 18:00 - 19:00 R3 RÜCKENYOGA | 17:30 - 18:45 R3 YOGA | 17:30 - 18:00 R1 BAUCH & STRETCH | 17:30 - 18:30 R2 LMI-STEP | 17:15 - 18:15 BB FUNCTIONAL | 16:15 - 17:15 CA CYCLING | |
| 18:00 - 19:00 R2 DANCE STEP™ | 17:10 - 17:55 R1 TONE | 18:00 - 19:00 R3 BODY BALANCE | 17:30 - 18:30 CA CYCLING | 17:30 - 18:45 R3 YOGA | | |
| 18:00 - 19:00 R1 MUSKELFIT | 18:00 - 19:00 R1 ZUMBA | 18:00 - 19:00 R1 MUSKELFIT | 17:30 - 18:30 R1 ZUMBA | 18:00 - 19:00 CA CYCLING | | |
| 18:15 - 19:15 BB FUNCTIONAL | 18:00 - 19:00 BB FUNCTIONAL | 18:00 - 19:00 R2 ZUMBA | 18:00 - 19:00 R3 PILATES | 18:15 - 19:15 R2 MUSKELFIT | | |
| 17:45 - 18:45 CA CYCLING | 18:05 - 19:05 R2 BODY COMBAT | 18:00 - 19:00 CA CYCLING | 18:30 - 19:30 R2 BODY PUMP | 18:15 - 19:30 R1 BURLESQUE | | |
| 19:00 - 20:15 R3 YOGA | 18:15 - 19:15 CA CYCLING | 19:15 - 20:15 R1 FASZIENFIT/ PILATES | 19:05 - 20:20 R3 YOGA | 19:00 - 20:15 R3 RÜCKENFIT | | |
| 19:00 - 20:00 R1 DANCE AEROBIC | 18:45 - 20:00 R3 YOGA | 19:15 - 20:15 BB FUNCTIONAL | 18:45 - 19:45 R1 JUMPING FITNESS | | | |
| 19:00 - 20:00 R2 BODY PUMP | 19:05 - 20:05 R1 BAUCH & STRETCH | 19:05 - 20:20 R3 YOGA | | | | |
| 20:00 - 20:45 R2 BAUCH & STRETCH | 19:05 - 20:05 R2 PILATES / BALANCE | | | | | |
| 20:00 - 21:15 R1 BURLESQUE | | | | | | |



BLACK & WHITE

BITTE BEACHTEN!

- ▶ Aktuell sind alle Kurse Anmeldepflichtig
- ▶ Anmeldung frühestens drei Tag im Voraus
- ▶ Buchung online oder telefonisch möglich



ÖFFNUNGSZEITEN

▶ FITNESS

MO - FR 07:00 - 22:00 UHR
SA - SO 09:00 - 21:00 UHR

▶ SAUNA

MO - FR 09:00 - 22:00 UHR
SA - SO 09:00 - 21:00 UHR

LEGENDE

| XX | KURSRÄUME |
|----|------------------|
| CA | CYCLING |
| BB | PRÄVENTION |
| BB | DANCE & MORE |
| BB | POWER & AUSDAUER |

- R1 Kursraum 1
- R2 Kursraum 2
- R3 Kursraum 3
- CA Cycling Arena
- BB Black Box



LOCATION & KONTAKT

BLACK & WHITE –
Fitness, Wellness, Health GmbH & Co. KG

Alzeyer Straße 121, 67549 Worms

0 62 41 / 959 00 0
info@blackandwhite.de



Folge uns und Scanne den QR-Code, um mehr über Angebote rund um das Thema Gesundheitsmanagement zu erfahren.

