

Group-Fitness-Kursplan

Frühling 2018 (gültig ab 5. März)



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
9.30-10.30 BODYSTYLING <i>Lele</i>	9.30-10.30 DEEP WORK <i>Anke</i>	9.30-10.30 BODYPUMP <i>Conny</i>	9.30-10.30 YOGILATES <i>Anke</i>	9.30-10.30 BODYPUMP <i>Lele</i>	9.30-10.30 BODYPUMP <i>Jürgen</i>	10.00 -11.00 RÜCKEN FIT <i>Ninja</i>
10.30-11.30 PILATES <i>Lele</i>		10.30-10.45 BAUCH EXPRESS <i>Conny</i>	10.30 -11.30 BODYSTYLING <i>Dr. Wallice</i>	10.30 -11.30 DEEP WORK <i>Lele</i>	10.00-11.00 BODYSTYLING <i>Lele</i>	11.00 - 11.30 STRETCH & RELAX <i>Ninja</i>
17.00-18.00 BRAZIL BUTT/BAUCH <i>Junior</i>		17.30-18.00 TRX <i>Mathieu</i>	17.30-18.30 BODYBALANCE <i>Tanja</i>	17.00-18.00 BODYATTACK <i>Jürgen</i>	10.30 - 11.00 BAUCH FIT <i>Jürgen</i>	15.25-16.25 BODYPUMP <i>Bianca</i>
18.00-18.30 CXWORX <i>Mathieu</i>	18.00-18.30 CXWORX <i>Jürgen</i>	18.00-18.30 GRIT CARDIO <i>Mathieu</i>	18.30-19.00 GRIT CARDIO <i>Bianca</i>	18.00-19.00 BODYPUMP <i>Jürgen</i>	11.00 -12.00 BODYATTACK <i>Jürgen</i>	16.30-17.00 CXWORX <i>Bianca</i>
18.00-19.00 ZUMBA <i>Junior</i>	18.30-19.00 BAUCH FIT <i>Jürgen</i>	18.30-19.30 BODYPUMP <i>Isabelle</i>	19.00-19.30 CXWORX <i>Bianca</i>	19.05-20.35 YOGA <i>Ninja</i>	11.00-12.00 PILATES <i>Lele</i>	17.00-17.30 GRIT CARDIO <i>Bianca</i>
18.30-19.30 BODYPUMP <i>Mathieu</i>	19.00-20.00 BODYATTACK <i>Jürgen</i>	18.30-19.30 PILATES <i>Linda</i>	19:30-20:30 LMISTEP <i>Joel</i>		17.00-18.00 DANCE BODY TONING <i>Dr. Wallice</i>	17.30-18.30 BODYCOMBAT <i>Bettina</i>
19.00-20.30 YOGA <i>Ninja</i>	19.00-20.00 INDOOR CYCLING <i>Jerome</i>	19.30-20.30 BODYCOMBAT <i>Jerome</i>	18.15-19.15 INDOOR CYCLING <i>Vivian</i>			18.30-19.30 BODYBALANCE <i>Bettina</i>
19.30-20.30 LMISTEP <i>Joel</i>	20.15-21.15 BODYPUMP <i>Jürgen</i>	19.30-20.00 CXWORX <i>Isabelle</i>	19:30-20:30 YOGA <i>Serdar</i>			
20.30-21.30 TRX <i>Dr. Wallice</i>		20.30-21.30 ZUMBA <i>Philipp</i>	20.40-21.40 BODYPUMP <i>Conny</i>			

Indoor Cycling: Bitte telefonische Anmeldung am selben Tag!

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Raum 1
Raum 2

ÖFFNUNGSZEITEN:

Mo: 9:00 - 23:00 Uhr
Di: 6:30 - 23:00 Uhr
Mi: 9:00 - 23:00 Uhr
Do: 6:30 - 23:00 Uhr
Fr: 9:00 - 23:00 Uhr
Sa: 9:00 - 22:00 Uhr
So: 9:00 - 22:00 Uhr
Feiertag: 9:00 - 22:00 Uhr



Spontane Änderungen werden auf unserer Facebook-Seite "MUNICHGYM" bekannt gegeben.