

# Group-Fitness-Kursplan

Winter 2018/2019 (gültig ab 8. Oktober)



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
9.30-10.30 <b>BODYSTYLING</b> <i>Lele</i>	9.30-10.30 <b>FUNCT. WORKOUT</b> <i>Anke</i>	9.30-10.30 <b>BODYPUMP</b> <i>Conny</i>	9.30-10.30 <b>YOGILATES</b> <i>Anke</i>	9.30-10.30 <b>BODYPUMP</b> <i>Lele</i>	9.30-10.30 <b>BODYPUMP</b> <i>Jürgen</i>	10.00 -11.00 <b>RÜCKEN FIT</b> <i>Ninja</i>
10.30-11.30 <b>PILATES</b> <i>Lele</i>		10.30-11.30 <b>BODYBALANCE</b> <i>Conny</i>	10.30 -11.00 <b>CXWORX</b> <i>Anke</i>	10.30 -11.30 <b>FUNCT. WORKOUT</b> <i>Lele</i>	10.00-11.00 <b>BODYSTYLING</b> <i>Lele</i>	11.00 - 11.30 <b>STRETCH &amp; RELAX</b> <i>Ninja</i>
17.00-18.00 <b>BRAZIL BUTT/BAUCH</b> <i>Junior</i>		17.30-18.00 <b>TRX</b> <i>Mathieu</i>	17.30-18.30 <b>BODYPUMP</b> <i>Conny</i>	17.00-18.00 <b>BODYATTACK</b> <i>Jürgen</i>	10.30 - 11.00 <b>BAUCH FIT</b> <i>Jürgen</i>	16.00-17.00 <b>BODYPUMP</b> <i>Daniela</i>
18.00-18.30 <b>GRIT CARDIO</b> <i>Mathieu</i>	18.00-18.30 <b>CXWORX</b> <i>Jürgen</i>	18.00-18.30 <b>GRIT CARDIO</b> <i>Mathieu</i>	18.30-19.00 <b>GRIT CARDIO</b> <i>Bianca</i>	18.00-19.00 <b>BODYPUMP</b> <i>Jürgen</i>	11.00 -12.00 <b>BODYATTACK</b> <i>Jürgen</i>	17.00-17.30 <b>CXWORX</b> <i>Daniela</i>
18.00-19.00 <b>ZUMBA</b> <i>Junior</i>	18.30-19.00 <b>BAUCH FIT</b> <i>Jürgen</i>	18.30-19.30 <b>BODYPUMP</b> <i>Isabelle</i>	18:30-19:30 <b>BODYBALANCE</b> <i>Conny</i>	19.05-20.35 <b>YOGA</b> <i>Ninja</i>	11.00-12.00 <b>PILATES</b> <i>Lele</i>	17.00-18.00 <b>BODYCOMBAT</b> <i>Bettina</i>
18.30-19.30 <b>BODYPUMP</b> <i>Mathieu</i>	19.00-20.00 <b>BODYATTACK</b> <i>Jürgen</i>	18.30-19.30 <b>PILATES</b> <i>Linda</i>	19.00-19.30 <b>CXWORX</b> <i>Bianca</i>			18.00-19.00 <b>BODYBALANCE</b> <i>Bettina</i>
19.00-20.30 <b>YOGA</b> <i>Ninja</i>	19.00-20.00 <b>INDOOR CYCLING</b> <i>Jerome</i>	19.30-20.30 <b>BODYCOMBAT</b> <i>Jerome</i>	19:30-20:30 <b>LMISTEP</b> <i>Joel</i>			
19.30-20.30 <b>LMISTEP</b> <i>Joel</i>	20.00-21.00 <b>BODYPUMP</b> <i>Jürgen</i>	19.30-20.00 <b>CXWORX</b> <i>Isabelle</i>	19.30-20.30 <b>INDOOR CYCLING</b> <i>Jerome</i>			
		20.30-21.30 <b>ZUMBA</b> <i>Pamela</i>	20:30-21.50 <b>YOGA</b> <i>Roman</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.