

Group-Fitness-Kursplan

Winter 2017/2018 (gültig ab 9. Oktober)



NEUER PLAN!	NEUER PLAN!	NEUER PLAN!	NEUER PLAN!	NEUER PLAN!	NEUER PLAN!	NEUER PLAN!	NEUER PLAN!	NEUER PLAN!
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SAMSTAG	SAMSTAG	SONNTAG
9.30-10.30 BODYSTYLING <i>Lele/Olga</i>	7.00-8.00 BODYPUMP <i>Linda</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/Olga</i>	9.30 - 10.30 DEEP WORK <i>Olga</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>	18.00-18.30 CXWORX <i>Jürgen</i>	17.30-18.30 BODYBALANCE <i>Isabelle</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>	18.00-19.00 PILOXING <i>Jacky</i>	18.30-19.30 BODYPUMP <i>Isabelle</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 PILATES <i>Olga</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>	19.30-20.30 BODYCOMBAT <i>Jerome</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>	19.30-20.00 CXWORX <i>Isabelle</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>	20.00-20.30 GRIT CARDIO <i>Mathieu</i>	19:30-20:30 YOGA <i>Monika</i>					
20.30-21.30 TRX <i>Dr. Wallice</i>		20.30-21.30 TRX <i>Mathieu</i>	20.40-21.40 BODYPUMP <i>Monika</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

