Group Fitness Kursplan Winter 2012

MUNICHGYM® sports and wellness

Raum 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.30 - 10.30 Flexi-Bar / Xco *-***	10.00 - 11.00 Functional Training *-***	09.30 - 10.30 Pilates *-***	09.30 - 10.30 ZUMBA *-***	09.30 - 10.30 BODYBALANCE *-***	10.00 - 11.00 BODYPUMP *-***	10.00 - 11.30 Yoga Intro *-***
10.30 - 11.00 Washboard Abs *-***			10.30 - 11.30 Power Yoga **-***	10.30 - 11.30 Flexi-Bar/WSG *-***	11.00 - 12.00 LMISTEP **-***	
18.00 - 18.30 CXWORX *-***					14.30- 15.30 ZUMBA *-***	
18.30 - 19.30 BODYBALANCE *-***	18.30 - 19.00 Washboard Abs *-***	18.30 - 19.30 ZUMBA *-***	18.15 - 19.15 Flexi-Bar *-***	17.30 - 18.30 BODYPUMP *-***	16.00 - 17.00 Pilates *-***	16.30 - 17.00 CXWORX *-***
19.30 - 20.30 LMISTEP **-***	19.00 - 20.00 BODYATTACK **-***	19.30 - 20.30 LMISTEP **-***	19.15 - 20.15 BODYBALANCE *-***	18.30 - 19.30 BODYATTACK **-***	17.00 - 17.30 CXWORX *-***	17.00 - 18.00 BODYPUMP *-***
20.30 - 21.30 BODYPUMP *-***	20.15 - 21.15 BODYPUMP *-***	20.30 - 21.30 BODYATTACK **-***	20.15 - 21.15 BODYPUMP *-***	19.45 - 21.15 Power Yoga **-***	17.30 - 18.30 BODYPUMP *-***	18.15- 19.15 ZUMBA *-***

Klassifikation der Kurse:

* = **E**insteiger
** = **M**ittelstufe
*** = **F**ortgeschritten

Phone: 089 - 127 377 46
Home: www.munichgym.de
Email: mail@munichgym.de

MUNICHGYM GmbH
Kathi Kobus Straße 11
80797 München

Raum 2

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	18.00 - 19.00 Power Yoga **-***					18.15 - 19.15 Indoor Cycling *-***
	19.00 - 20.00 The Ride **-*** Cycling	20.00 - 20.30 CXWORX *-***	20.15 - 21.15 Indoor Cycling *-***			
		20.30 - 21.30 Q - Power ** - ***				

Öffnungszeiten:

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

Fitday-Tarife:
Check out bis 17:00 Uhr

MUNICHGYM® sports and wellness

Kinderbetreuung:

Mo: 9:15 - 12:15 Uhr
Di: 9:30 - 11:30 Uhr
Mi: 9:15 - 11:15 Uhr
Do: 9:15 - 12:15 Uhr
Fr: 9:15 - 12:15 Uhr
Sa: 9:30 - 12:30 Uhr
So: 16:00 - 20:00 Uhr

Stand 03,10.2011 / V23.01.2012