

Group-Fitness-Kursplan

Herbst 2022 (gültig ab 4. Oktober)



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
9.30-10.30 BODYSTYLING <i>Hybrid Lele</i>	9.30-10.30 YOGILATES <i>Anke</i>	9.30-10.30 BODYPUMP <i>Hybrid Conny</i>	9.30-10.15 FUNCT. WORKOUT <i>Anke</i>	9.15-10.15 BODYPUMP <i>Hybrid Lele</i>	9.30-10.30 BODYPUMP <i>Hybrid Jürgen</i>	9.30-10.30 BODYCOMBAT <i>Natalia</i>
10.30-11.30 PILATES <i>Hybrid Lele</i>	17.30-18.30 PILATES <i>Hybrid Daniela</i>	10.30-11.30 BODYBALANCE <i>Hybrid Conny</i>	10.15-11.00 MOBILITY FLOW <i>Anke</i>	10.30 -11.30 FUNCT. WORKOUT <i>Hybrid Lele</i>	10.00-11.00 BODYSTYLING <i>Lele</i>	10.30 -11.30 RÜCKEN FIT <i>Maria</i>
17.30-18.00 BRAZIL-BUTT <i>Vu</i>	18.30-19.00 BAUCH FIT <i>Hybrid Jürgen</i>	18.00-18.45 LMCORE <i>Hybrid Isabell</i>	18.30-19.30 BODYCOMBAT <i>Malu</i>	17.00-18.00 BODYATTACK <i>Hybrid Jürgen</i>	10.30-11.00 BAUCH FIT <i>Hybrid Jürgen</i>	11.30 - 12.00 STRETCH & RELAX <i>Maria</i>
18.00-19.00 DANCE <i>Vu</i>	19.00-20.00 CYCLING <i>Jerome</i>	18.45-19.45 BODYPUMP <i>Hybrid Isabell</i>	18.30-19.30 DEEPWORK <i>Hybrid Theresa</i>	18.00-19.00 BODYPUMP <i>Hybrid Jürgen</i>	11.00-12.00 PILATES <i>Hybrid Lele</i>	16.00-17.00 BODYPUMP <i>Hybrid Denise</i>
18.15-19.15 BODYPUMP <i>Hybrid Isabell</i>	19.00-20.00 BODYATTACK <i>Hybrid Jürgen</i>	18.45-19.45 ZUMBA <i>Pamela</i>	19.30-20.30 BODYBALANCE <i>Hybrid Theresa</i>	19.15-20.45 YOGA (Vinyasa) <i>Vanessa</i>		17.15-17.45 GRIT <i>Hybrid Keisuke</i>
19.15-20.30 YOGA (Hatha Flow) <i>Miriam</i>	20.00-21.00 BODYPUMP <i>Hybrid Jürgen</i>	19.45-20.45 LMISTEP <i>Hybrid Joel</i>	20.30-21.30 BODYPUMP <i>Hybrid Franzi</i>			17.15-18.00 LMCORE <i>Denise</i>
19.30-20.30 LMISTEP <i>Hybrid Joel</i>		19.45-20.15 GRIT <i>Verena</i>				18.00-19.00 BODYBALANCE <i>Hybrid Daniela</i>

Hybrid-Kurse werden zusätzlich online via Zoom übertragen!

Info: j.kubpart@munichgym.de

MUNICHGYM GmbH
Kathi-Kobus-Str. 11
80797 München

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

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 - 22:00 Uhr
Sa: 9:00 - 22:00 Uhr
So: 9:00 - 22:00 Uhr
Feiertag: 9:00 - 22:00 Uhr

LES MILLS



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

Stand 04.10.22