

Kursplan

16.07.2018 - 22.07.2018

Woman's - Fitness für die Frau
 Albert-Schweitzer-Straße 74
 81735 München
 089 666 820 30
 info@womans-neuperlach.de



| Montag 16.07.2018 | Dienstag 17.07.2018 | Mittwoch 18.07.2018 | Donnerstag 19.07.2018 | Freitag 20.07.2018 | Samstag 21.07.2018 | Sonntag 22.07.2018 |
|---|--------------------------------|------------------------------------|---|---|---|--------------------|
| 09:10 - 09:40 WORLD JUMPING Basic... | 09:30 - 10:25 Pilates | 09:30 - 10:00 Fatburner Express | 09:15 - 10:15 Hatha Yoga | 09:15 - 10:00 Bodystyling | 09:30 - 10:00 Powerzirkel | |
| 09:15 - 09:45 Powerzirkel | 10:00 - 10:30 Powerzirkel | 10:00 - 10:30 Bodystyling | 10:00 - 10:30 World Jumping Power... | 09:30 - 10:00 WORLD JUMPING Power... | 10:00 - 10:45 WORLD JUMPING | |
| 09:45 - 10:15 Smovey | 10:30 - 11:15 WORLD JUMPING | 10:30 - 11:00 Powerzirkel | 10:30 - 11:15 Five Gym & Faszient... | 10:10 - 11:00 Wirbelsäulengymnast... | 10:50 - 11:40 Wirbelsäulengymnast... | |
| 10:20 - 11:20 Wirbelsäulengymnast... | 16:30 - 17:00 Powerzirkel | 16:30 - 17:00 Powerzirkel | 17:15 - 18:00 Wirbelsäulengymnast... | 16:00 - 16:50 BBP smovey | | |
| 16:10 - 16:55 Zumba Kids 6 - 9 ... | 17:00 - 17:45 WORLD JUMPING | 17:30 - 18:00 Smovey | 18:15 - 18:45 Powerzirkel | 17:00 - 18:00 Power Yoga | | |
| 17:00 - 17:30 Smovey | 18:05 - 18:50 Five Gym | 18:10 - 18:55 WORLD JUMPING | 19:00 - 19:45 Bodystyling | 18:05 - 18:35 WORLD JUMPING Power... | | |
| 17:35 - 18:20 Perfect Body | 19:00 - 19:45 BBP | 19:00 - 20:00 Zumba | | 18:45 - 19:45 Zumba | | |
| 18:30 - 19:45 Anusara Yoga | | 20:00 - 20:50 Pilates | | | | |
| 18:45 - 19:30 Powerzirkel | | | | | | |

- Ausdauer & Figur...
- Dance & Fun
- Figur
- Gesundheit
- Kraft & Ausdauer...
- Yoga & Co

Stand: 16.07.2018