

# Kursplan

07.06.2021 - 13.06.2021

Woman's - Fitness für die Frau  
 Albert-Schweitzer-Straße 74  
 81735 München  
 089 666 820 30  
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Montag 07.06.2021	Dienstag 08.06.2021	Mittwoch 09.06.2021	Donnerstag 10.06.2021	Freitag 11.06.2021	Samstag 12.06.2021	Sonntag 13.06.2021
09:30 - 10:00 Smovey Markus	09:30 - 10:25 Pilates * Constanze	09:30 - 10:15 Fatburner Workout *... Vroni	09:15 - 10:15 Health & Glow Yoga ... Ines	09:15 - 10:00 Bodystyling Susi	09:30 - 10:00 Powerzirkel	
10:00 - 10:30 Powerzirkel	09:30 - 10:00 Powerzirkel	10:30 - 11:00 Powerzirkel	10:00 - 10:30 Powerzirkel	10:00 - 10:30 Powerzirkel	10:00 - 10:45 WORLD JUMPING	
10:15 - 11:00 FaszienFLOW * Sandra	15:00 - 15:45 Miniballett 5-6 J. ... Jana	11:00 - 11:45 Rehasport Markus	10:30 - 11:15 Five Gym & Faszient... Markus	10:30 - 11:15 Rückenfit Susi	11:00 - 11:45 Rückenfit [smovey]	
11:30 - 12:15 Rehasport Markus	16:00 - 16:45 Kinderballett 7-9 J... Jana	15:00 - 15:45 Miniballett 5-6 J. ... Vivi	17:15 - 18:00 Rückenfit & Faszien... Steffi	16:00 - 16:30 Powerzirkel		
16:00 - 16:45 Rehasport Maike	17:00 - 17:45 Rehasport Maike	16:00 - 16:45 Kinderballett 7-9 J... Vivi	18:15 - 18:45 Powerzirkel	16:45 - 17:30 Perfect Body Mona		
17:00 - 17:30 Smovey Markus	17:30 - 18:00 Powerzirkel	17:00 - 17:30 Powerzirkel	18:15 - 19:00 Rehasport Markus	17:45 - 18:45 Vinyasa Flow Yoga Mona		
17:45 - 18:30 Perfect Body Markus	18:00 - 18:45 Five Gym * Vroni	17:30 - 18:00 Smovey Steffi	19:15 - 20:00 Perfect Burn * Markus			
18:30 - 19:00 Powerzirkel	19:00 - 19:45 BBP * Vroni	18:15 - 19:00 WORLD JUMPING Markus				
18:45 - 19:45 Asana Flow & Glow Y... Ines		19:15 - 20:00 Zumba * Sandra				
20:00 - 20:50 Zumba * Sandra		20:15 - 20:45 BARRE Fitness * Sandra				

- Ausdauer & Figur...
- Ballett
- Dance & Fun
- Gesundheit
- Kraft & Figur
- Ostpark "Power"
- Ostpark "easy"
- Powerzirkel
- Rehasport
- Smovey
- Trainingsfläche
- Yoga & Co

Stand: 13.06.2021