


# Kursplan

18.02.2019 - 24.02.2019

Munich Health Sportsclub  
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Montag 18.02.2019	Dienstag 19.02.2019	Mittwoch 20.02.2019	Donnerstag 21.02.2019	Freitag 22.02.2019	Samstag 23.02.2019	Sonntag 24.02.2019
<p>11:00 - 11:30 Kraft &amp; Stretch</p> <p>18:30 - 19:15 Athletik Move Team</p> <p>19:15 - 19:45 Les Mills PLYO Holger</p> <p>19:50 - 20:00 Sixpack express</p> <p>20:00 - 21:00 Hatha Yoga Anke</p>	<p>18:30 - 18:50 Core</p> <p>19:00 - 19:30 Les Mills Strength Lena &amp; Flo</p> <p>19:40 - 20:10 Kettle Bells Power Team</p> <p>20:15 - 20:30 Mobility</p>	<p>10:30 - 11:30 Kraft &amp; Balance Trainer</p> <p>18:15 - 18:25 Sixpack express</p> <p>18:30 - 19:15 Body Shape Viera</p> <p>19:30 - 20:30 Vinyasa Flow Yoga Viera</p>	<p>18:15 - 18:25 Sixpack express</p> <p>18:30 - 19:15 Iron to Yoga Viera</p> <p>19:30 - 20:00 Les Mills Starter Lena &amp; Flo</p> <p>20:10 - 20:40 Les Mills Strength Lena &amp; Flo</p>	<p>11:00 - 11:30 Kraft &amp; Stretch</p> <p>18:30 - 18:50 Core</p> <p>19:00 - 19:30 Les Mills Strength Lena &amp; Flo</p>		<p>15:00 - 16:00 Athletik Move Team</p>

-  Body&Mind
-  Figur
-  Functional
-  Gesundheit
-  HIIT
-  Six Pack

Stand: 21.02.2019