


Kursplan

21.01.2019 - 27.01.2019

Munich Health Sportsclub
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Montag 21.01.2019	Dienstag 22.01.2019	Mittwoch 23.01.2019	Donnerstag 24.01.2019	Freitag 25.01.2019	Samstag 26.01.2019	Sonntag 27.01.2019
<p>11:00 - 11:30 Kraft & 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 & 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 & 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 & Flo</p> <p>20:10 - 20:40 Les Mills Strength Lena & Flo</p>	<p>11:00 - 11:30 Kraft & Stretch</p> <p>18:30 - 18:50 Core</p> <p>19:00 - 19:30 Les Mills Strength Lena & Flo</p>		<p>15:00 - 16:00 Athletik Move Team</p>

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

Stand: 21.01.2019