

Dein Kursspezialist

**Kurse finden ab
4 Teilnehmern statt**

in Leipzig

MSCI

© 9617894 · Scherlstraße 1

MO	DI	MI	DO	FR	SA	SO
8.00 - 22.30 Uhr	7.00 - 13.00 Uhr 15.00 - 22.30 Uhr	7.00 - 22.30 Uhr	7.00 - 13.00 Uhr 15.00 - 22.30 Uhr	8.00 - 22.00 Uhr	10.00 - 18.00 Uhr	10.00 - 15.00 Uhr
	7.30 PILATES Nezar E-F					
	8.30 BODYART Nezar E-F	8.30 PILATES Luis E-F	8.30 PILATES Luis E-F	9.00 WORKOUT Chris E-F		
9.00 PILATES Stephanie E-F		9.30 FIESTA LATINA Luis E-F	9.30 WORKOUT Luis E-F	10.00 EASY DANCE Chris E-M	10.15 LESMILLS BODYPUMP Richi E-F	10.30 WIRBELSÄULEN GYMNASTIK Lars 45min E-F
10.00 BBP Stephanie E-F	10.00 WSG / PILATES Lars E-F				11.00 LESMILLS INTENSIVE POWER CICLE Richi 45min E-F	11.30 WORKOUT Lars 45min E-F
					11.45 LESMILLS CARDIOEXPRESS Richi 45min E-F	12.30 DEEP WORK Lars E-F
16.30 LESMILLS BODYBALANCE Elli E-F	16.30 DEEP WORK Nezar E-F	16.30 CARDIO EX- PRESS Richi M-F	15.45 LESMILLS BODYBALANCE Elli E-F	16.30 LESMILLS BODYPUMP Johanna		
17.30 DANCE-MIX Lars M	17.30 PILATES Nezar E-F	17.25 LESMILLS 35min CORE LESMILLS Richi E-F	16.45 LESMILLS DANCE Elli E-F	17.30 LESMILLS BODYATTACK Johanna E-F		
17.45 LESMILLS DANCE Elli KR 2	17.30 STEP AEROBIC Patricia KR 2 E-M	18.30 LESMILLS BODYCOMBAT Kai-Moritz KR 2 E-F	17.00 JUMPING Julia KR 2 E-F	18.30 ZUMBA Lora KR 2 E-F		
18.30 WORKOUT Lars E-F	18.30 WORKOUT Patricia E-F	18.00 LESMILLS 90min YOGA/ BALANCE-MIX Juliane E-F	17.30 LESMILLS 45min BODYATTACK Elli E-F	18.30 DEEP WORK Lars E-F		
18.30 AROHA/KAHA Elli KR 2	19.00 YOGA Cesomina 75min KR 2 E-F	19.30 STEP AEROBIC Lars M	18.00 ZUMBA Julia KR 2 E-F			
19.30 LESMILLS BODYATTACK Johanna E-F	19.30 SPECIAL BAUCH Patricia E-F		18.15 25min TABATA Richi E	19.30 STEP AEROBIC Lars M-F		
	20.00 LESMILLS BODYCOMBAT Julia E-F		18.45 LESMILLS BODYPUMP Richi E-M			
20.30 LESMILLS BODYPUMP Johanna E-F			19.45 LESMILLS 30min CORE LESMILLS Richi E-M			