MODUL KURSE

Dein Kursspezialist

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Kurse finden ab 4 Teilnehmern statt





in Leipzig

MO 8.00 - 22.30 Uhr	DI 7.00 - 13.00 Uhr 15.00 - 22.30 Uhr	MI 7.00 - 22.30 Uhr	DO 7.00 - 13.00 Uhr 15.00 - 22.30 Uhr	FR 8.00 - 22.00 Uhr	SA 10.00 - 18.00 Uhr	SO 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 45min Lars E-F
10.00 BBP Stephanie E-F	10.00 WSG / PILATES Lars E-F				11.00 LesMILLS INTENSIVE POWER CIECLE 45min Richi E-F	11.30 WORKOUT 45min Lars E-F
					11.45 LesMILLS CARDIOEXPRESS 45min Richi 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 CORE LESMILLS 35min 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	18.00 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 YOGA/ BALANCE-MIX 90min Juliane E-F	17.30 LesMILLS BODYATTACK 45min Elli E-F	18.30 DEEP WORK Lars E-F		
18.30 AROHA/KAHA Elli KR 2	19.00 YOGA 75min Cesomina KR 2 E-F	19.30 STEP AEROBIC Lars M	18.00 FASZIEN-KRÄFTI-GUNG/STRETCHING KR 2 Julia E-F			
19.30 LesMILLS BODYATTACK Johanna E-F	19.30 SPECIAL BAUCH Patricia E-F		18.30 LesMILLS BODYPUMP Karo E-M	19.30 STEP AEROBIC Lars M-F		
	20.00 LesMILLS BODYCOMBAT Julia E-F		19.45 LesMILLS CORE LESMILLS Karo E-M			
20.30 LesMILLS BODYPUMP Johanna E-F						

MSC I

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www.matthias-sportcenter.de