

Dein Kursspezialist



Kurse finden ab
4 Teilnehmern statt

in Leipzig



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		7.30 RÜCKEN VITAL Tina 45min E-F			
9.00 WIRBELSÄULEN GYMNASTIK Martin E-F	8.30 BODYART Nezar E-F	8.30 PILATES Luis E-F	8.15 INTERVALL WORKOUT Tina E-F	9.00 WORKOUT Chris E-F		
10.00 WORKOUT Martin E-F		9.30 ZUMBA Luis E-F	9.15 RÜCKEN VITAL Tina E-F	10.00 EASY DANCE Chris E-M		10.30 WIRBELSÄULEN GYMNASTIK Lars 45min E-F
	10.00 WSG / PILATES Lars E-F	10.30 WIRBELSÄULEN GYMNASTIK Taisiya E-F			11.00 <small>LESMILLS</small> BODYATTACK Johanna E-F	11.30 <small>45min</small> WORKOUT Lars E-F
					12.00 <small>LESMILLS</small> EXPRESS BODYPUMP Johanna E-F	12.30 DEEP WORK Lars E-F
16.30 <small>LESMILLS</small> BODYBALANCE Elli E-F	16.30 DEEP WORK Nezar E-F	16.30 CARDIO EX- PRESS Richi M-F	15.45 <small>LESMILLS</small> BODYBALANCE Elli E-F	16.30 <small>LESMILLS</small> BODYPUMP Johanna	15.00 <small>45min</small> CARDIO EXPRESS Richi M-F	
17.30 DANCE-MIX Lars M	17.30 PILATES Nezar E-F	17.25 <small>LESMILLS</small> CORE LESMILLS Richi 35min E-F	16.45 <small>LESMILLS</small> SH'BAM Elli E-F	17.30 <small>LESMILLS</small> BODYATTACK Johanna E-F	15.45 <small>30min</small> CORE BAUCH Richi E-F	
17.45 <small>LESMILLS</small> SH'BAM Elli KR 2	17.30 STEP AEROBIC Patricia KR 2 E-M	18.00 <small>LESMILLS</small> BODYCOMBAT Julia KR 2 E-F	17.00 JUMPING Julia KR 2 E-F	18.30 ZUMBA Lora KR 2 E-F	16.30 <small>LESMILLS</small> BODYPUMP Richi	
18.30 WORKOUT Lars E-F	18.30 WORKOUT Patricia E-F	18.00 <small>LESMILLS</small> BODYBALANCE Tayisia E-F	17.30 <small>LESMILLS</small> BODYATTACK Elli 45min E-F	18.30 DEEP WORK Lars E-F		
18.30 AROHA/KAHA Elli KR 2	19.00 <small>75min</small> YOGA Cesomina KR 2 E-F	19.05 STEP AEROBIC Lars M	18.00 ZUMBA Julia KR 2 E-F			
19.30 <small>LESMILLS</small> BODYCOMBAT Julia E-F	19.30 SPECIAL BAUCH Patricia E-F		19.00 BAUCH BAUCH PO Julia KR 2 E-F	19.30 STEP AEROBIC Lars M-F		
			18.15 TABATA Richi 25min E			
20.30 <small>LESMILLS</small> BODYPUMP Julia E-F			18.45 <small>LESMILLS</small> BODYPUMP Richi 30min E-M			
			19.45 <small>LESMILLS</small> CORE LESMILLS Richi 30min E-M			

MSCI 9 61 78 94 · Scherlstraße 1

