

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					
9.00 WIRBELSÄULEN GYMNASTIK 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		
10.00 WORKOUT E-F		9.30 ZUMBA Luis E-F	9.30 WORKOUT Luis E-F	10.00 EASY DANCE Chris E-M	10.15 <small>LESMILLS</small> BODYPUMP Richi E-F	10.30 WIRBELSÄULEN GYMNASTIK Lars <small>45min</small> E-F
	10.00 WSG / PILATES Lars E-F				11.00 <small>LESMILLS</small> CARDIOEXPRESS Richi <small>45min</small> E-F	11.30 WORKOUT Lars <small>45min</small> E-F
					11.45 <small>LESMILLS</small> CORE / BAUCH Nici <small>30min</small> E-F	12.30 DEEP WORK Lars E-F
					12.15 <small>LESMILLS</small> BODYATTACK Nici <small>30min</small> 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		
17.30 DANCE-MIX Lars M	17.30 PILATES Nezar E-F	17.25 <small>LESMILLS</small> CORE LESMILLS Richi <small>35min</small> E-F	16.45 <small>LESMILLS</small> DANCE Elli E-F	17.30 <small>LESMILLS</small> BODYATTACK Johanna E-F		
17.45 <small>LESMILLS</small> DANCE Elli KR 2	17.30 STEP AEROBIC Oksana KR 2 E-M	18.00 <small>LESMILLS</small> BODYCOMBAT Jenny 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 Oksana E-F	18.00 <small>LESMILLS</small> YOGA/ BALANCE-MIX Juliane <small>90min</small> E-F	17.30 <small>LESMILLS</small> BODYATTACK Elli E-F	18.30 DEEP WORK Lars E-F		
18.30 AROMA/KAHA Elli KR 2	19.00 YOGA Cesomina <small>75min</small> KR 2 E-F	19.30 STEP AEROBIC Lars M	18.00 ZUMBA Julia KR 2 E-F			
19.30 <small>LESMILLS</small> BODYATTACK Johanna E-F	19.30 SPECIAL BAUCH Oksana E-F		19.00 BAUCH BAUCH PO Julia KR 2 E-F	19.30 STEP AEROBIC Lars M-F		
			18.15 TABATA Richi <small>25min</small> E			
20.30 <small>LESMILLS</small> BODYPUMP Johanna E-F			18.45 <small>LESMILLS</small> BODYPUMP Richi <small>30min</small> E-M			
			19.45 <small>LESMILLS</small> CORE LESMILLS Richi <small>30min</small> E-M			

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