

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 50 MIN Pilates Dina	10:00 50 MIN Healthy Back Jacek	10:00 50 MIN Fit Ballet Eva	10:00 50 MIN Pilates Kashira	10:00 45 MIN Jumping Sophia	10:00 50 MIN LM BODYPUMP Saskia	12:00 50 MIN LM BODYCOMBAT Lana
10:00 50 MIN Bauch Beine Po Dina	11:00 50 MIN Bauch Beine Po Jacek	11:00 50 MIN Yoga Eva	11:00 50 MIN Brazil Fit Kashira	11:00 50 MIN Pound Kleo	11:00 50 MIN LM BODYATTACK Saskia	13:30 50 MIN Cycling Olli
11:00 50 MIN Mobility Dina	15:00 60 MIN Yoga Kleo	12:00 50 MIN Stretch & Relax Eva	12:00 50 MIN Bauch Beine Po Kashira	12:00 50 MIN Pilates Kleo	16:00 50 MIN Pilates Heidi	14:30 50 MIN Cycling Olli
16:00 50 MIN Dance4it Hannah	16:00 60 MIN Musical Dance Kleo	15:00 50 MIN LM BODYPUMP Jacek	13:00 50 MIN Mobility & Stretch Kashira	16:00 50 MIN Cycling Olli	17:00 50 MIN Yoga Heidi	16:00 50 MIN Pilates Heidi
17:00 50 MIN Cycling Paula	17:00 55 MIN Pound Kleo	16:00 50 MIN Step Aerobic Basic Jacek	16:00 45 MIN Jumping Team	17:00 50 MIN Cycling Olli	18:00 60 MIN Pound Kleo	17:00 50 MIN Yoga Heidi
18:00 50 MIN Hula Hoop Eleni	18:00 50 MIN ZUMBA Galja	17:00 50 MIN Hula Hoop Eleni	17:00 50 MIN LM BODYPUMP Edda	18:00 50 MIN LM BODYPUMP Mitch	19:00 60 MIN Yoga Kleo	
19:00 50 MIN LM BODYPUMP Saskia	19:00 50 MIN Bauch Beine Po Galja	18:00 45 MIN Jumping Sophia	18:00 50 MIN LM BODYBALANCE Edda	19:00 50 MIN ZUMBA Daniela		
20:00 50 MIN LM BODYATTACK Saskia	20:00 50 MIN Stretch Galja	19:00 50 MIN Bauch Beine Po Dina	19:00 50 MIN LM BODYATTACK Saskia			
21:00 50 MIN Bauch Beine Po Aria		20:00 50 MIN Mobility Dina	20:00 50 MIN Bauch Beine Po Aria			

GÜLTIG AB
01
MÄR
2023

LM LESMILLS

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ÖFFNUNGSZEITEN

Montag
07:00-23:00h

Dienstag
07:00-23:00h

Mittwoch
07:00-23:00h

Donnerstag
07:00-23:00h

Freitag
07:00-23:00h

Samstag
09:00-21:00h

Sonntag
09:00-21:00h