



KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 50 MIN Pilates Aga	09:00 50 MIN HIIT Elena	10:00 50 MIN Power Yoga Tonni	10:00 50 MIN Pilates Kashira	10:00 45 MIN Jumping Sophia	10:00 55 MIN LM BODYPUMP Saskia	12:00 55 MIN LM BODYCOMBAT Linda
09:00 50 MIN Bauch Beine Po Aga	10:00 50 MIN Healthy Back Jacek	11:00 50 MIN Pilates Tonni	11:00 50 MIN Brazil Fit Kashira	11:00 45 MIN Cycling Sophia	11:00 55 MIN LM BODYATTACK Saskia	
10:00 50 MIN Power Yoga Karina	11:00 50 MIN Bauch Beine Po Jacek	12:00 50 MIN Stretch & Relax Tonni	12:00 50 MIN Bauch Beine Po Kashira		12:00 50 MIN Hip Hop Lizzy	
11:00 50 MIN Stretch & Relax Karina	12:00 50 MIN Pilates Karina					
	13:00 50 MIN Yoga Karina					
16:00 50 MIN Dance4it Hannah	15:00 55 MIN Commercial Dance Daria	15:00 55 MIN LM BODYPUMP Jacek	15:00 50 MIN ZUMBA Elena	16:00 55 MIN LM BODYPUMP Sophie	15:00 50 MIN HIIT Elisa	16:00 50 MIN Pilates Heidi
17:00 50 MIN Cycling Paula	16:00 55 MIN Splits & Flexibility Daria	16:00 50 MIN Step Aerobic Jacek	16:00 45 MIN Jumping Paula	17:00 55 MIN LM BODYJAM Lizzy	16:00 50 MIN Pilates Heidi	17:00 50 MIN Yoga Heidi
18:00 50 MIN Hula Hoop Eleni	17:00 55 MIN Reggaeton Daria	17:00 50 MIN Hula Hoop Eleni	18:00 55 MIN LM BODYPUMP Michelle	18:00 45 MIN Tabata Paula	17:00 50 MIN Yoga Heidi	
19:00 55 MIN LM BODYPUMP Saskia	18:00 50 MIN ZUMBA Galja	18:00 45 MIN Jumping Sophia	19:00 55 MIN LM BODYATTACK Saskia	19:00 50 MIN ZUMBA Daniela		
20:00 55 MIN LM BODYATTACK Saskia	19:00 50 MIN Bauch Beine Po Galja	19:00 50 MIN Bauch Beine Po Aga	20:00 55 MIN LM BODYBALANCE Saskia			
	20:00 50 MIN Stretch & Relax Galja	20:00 50 MIN Mobility Aga				

GÜLTIG AB
08
APR
2024

LMLES MILLS

Pink
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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