

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 55 MIN Athletic Yoga Ania	09:00 50 MIN Body Workout Alex G.	07:00 50 MIN Healthy Back Lavi	07:00 55 MIN Athletic Yoga Ania	07:00 50 MIN Healthy Back Jacek	08:30 90 MIN Fun 4 Kids* Stephan	10:00 50 MIN Pilates Natalia
09:00 55 MIN Step Aerobic Ania	10:00 50 MIN Pilates Alex G.	08:00 50 MIN Body Shape Lavi	08:00 55 MIN Functional Training Ania	08:00 50 MIN Body Shape Jacek	10:00 50 MIN Cycling Alex G.	11:00 50 MIN Freek Step Natalia
10:00 50 MIN Drive Experience Ania	11:00 45 MIN Aqua Fit Alex G. P	09:00 45 MIN Aqua Fit Lavi P	09:00 60 MIN Faszientraining Ania	08:00 30 MIN Sling Training Team F	11:00 50 MIN Body Shape Alex G.	12:00 50 MIN Body Shape Natalia
17:00 50 MIN Pilates Natalia	16:00 50 MIN Healthy Back Natalia	17:00 50 MIN Dance Marlena	18:00 50 MIN Zumba® Marlena	09:00 30 MIN Core Xpress Jacek	12:00 45 MIN Aqua Fit Alex G. P	
18:00 50 MIN Freek Step Natalia	17:00 50 MIN Body Workout Natalia	17:00 30 MIN Kletterwand EF. F	18:00 30 MIN Crossfit Circle F Team	10:00 50 MIN Pilates Belgin	13:00 150 MIN Pooltime 4 Kids P	
19:00 50 MIN Cycling Mary	18:00 50 MIN Zumba® Katja	18:00 50 MIN Pilates Estera	19:00 60 MIN Body Workout Ronny	11:00 45 MIN Aqua Fit Belgin P		
19:00 45 MIN Aqua Fit Natalia P	18:00 45 MIN Aqua Fit Natalia P	19:00 90 MIN Hatha Yoga Estera	20:00 50 MIN Healthy Back Ronny	17:00 50 MIN Body Shape Alex S.		
20:00 60 MIN Flow Yoga Mary	19:00 50 MIN Crossfit Connor			18:00 50 MIN High Int. Training Alex S.		
	20:00 50 MIN Boxing Connor					

LEGENDE: F = Fläche | P = Pool | * = Anmeldung erforderlich | EF. = Einführung

GÜLTIG AB
04
DEZ
2017



ALL STAR GYM
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ÖFFNUNGSZEITEN

Montag 06:00-23:00h Dienstag 06:00-23:00h Mittwoch 06:00-23:00h Donnerstag 06:00-23:00h Freitag 06:00-23:00h Samstag 08:00-21:00h Sonntag 08:00-21:00h