

# KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 55 MIN Athletic Yoga Ania	09:00 55 MIN <b>LM</b> BODYPUMP Anna	08:00 55 MIN <b>LM</b> BODYBALANCE Shirin	07:00 55 MIN Athletic Yoga Ania	08:00 50 MIN Healthy Back Jacek	08:30 90 MIN Fun 4 Kids* Stephan	10:00 50 MIN Pilates Natalia
09:00 30 MIN Step Basic Ania	10:00 50 MIN Pilates Anna	09:00 50 MIN Latino Solo Anna	08:00 55 MIN Functional Training Ania	08:00 30 MIN Sling Training Team <b>F</b>	10:00 50 MIN Cycling Alex G.	11:00 50 MIN Freek Step Natalia
09:30 30 MIN Step Ania	11:00 45 MIN Aqua Fit* Anna <b>P</b>	10:00 50 MIN Body Shape Anna	09:00 60 MIN Faszientraining Ania	09:00 30 MIN Body Shape x-press Jacek	11:00 55 MIN <b>LM</b> BODYPUMP Alex G.	12:00 45 MIN Aqua Fit* Natalia <b>P</b>
10:00 50 MIN Cycle Experience Ania	16:00 50 MIN Healthy Back Natalia	11:00 45 MIN Aqua Fit* Anna <b>P</b>	17:00 50 MIN Dance Marlena	10:00 55 MIN <b>LM</b> BODYCOMBAT Sophie	12:00 45 MIN Aqua Fit* Alex G. <b>P</b>	12:00 55 MIN <b>LM</b> BODYPUMP Mitch
17:00 50 MIN Pilates Natalia	17:00 50 MIN Body Shape Natalia	17:00 30 MIN Kletterwand EF. Team <b>F</b>	18:00 50 MIN <b>ZUMBA</b> Marlena	11:00 45 MIN Aqua Intervall* Natalia <b>P</b>	13:00 120 MIN Pooltime 4 Kids* <b>P</b>	13:00 55 MIN <b>LM</b> BODYCOMBAT Huong
18:00 50 MIN Freek Step Natalia	18:00 50 MIN <b>ZUMBA</b> Katja	18:00 50 MIN Pilates Estera	18:00 30 MIN Functional Circle Team <b>F</b>	12:00 45 MIN Aqua Fit* Natalia <b>P</b>	15:00 45 MIN Aqua Intervall* Natalia <b>P</b>	
19:00 55 MIN <b>LM</b> BODYPUMP Vivien	18:00 45 MIN Aqua Fit* Natalia <b>P</b>	19:00 60 MIN Hatha Yoga Estera	19:00 55 MIN <b>LM</b> BODYCOMBAT Huong	17:00 50 MIN Body Shape Alex S.	16:00 45 MIN Aqua Fit* Natalia <b>P</b>	
19:00 45 MIN Aqua Fit* Natalia <b>P</b>	19:00 55 MIN <b>LM</b> BODYPUMP Saskia	20:00 55 MIN <b>LM</b> BODYPUMP Mitch	20:00 55 MIN <b>LM</b> BODYPUMP Huong	18:00 50 MIN High Int. Training Alex S.	17:00 55 MIN <b>LM</b> BODYBALANCE Sophie	
20:00 55 MIN <b>LM</b> BODYBALANCE Vivien	19:00 45 MIN Aqua Intervall* Natalia <b>P</b>			19:00 50 MIN FunctionalFit Connor		
20:00 45 MIN Aqua Intervall* Natalia <b>P</b>	20:00 55 MIN <b>LM</b> BODYCOMBAT Saskia			20:00 50 MIN Boxing Connor		

F: Fläche | P: Pool | \*: Anmeldung erforderlich | EF: Einführung | **LM**LES MILLS

GÜLTIG AB  
**01**  
APR  
2019



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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