

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 55 MIN Athletic Yoga Ania	07:00 60 MIN Morning Flow Yoga Estera	08:00 55 MIN LM 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 50 MIN Cycle Experience Ania	09:00 55 MIN Langhanteltraining Anna	09:00 50 MIN Latino Solo Anna	08:00 55 MIN Functional Training Ania	08:00 30 MIN Sling Training Team	10:00 50 MIN Cycling Alex G.	11:00 50 MIN Healthy Back Natalia
10:00 60 MIN Faszientraining Ania	10:00 50 MIN Mobility Training Anna	10:00 50 MIN Pilates Anna	09:00 60 MIN Faszientraining Ania	09:00 30 MIN Body Shape x-press Jacek	11:00 55 MIN LM BODYPUMP Alex G.	12:00 45 MIN Aqua Fit* Natalia
17:00 45 MIN Defense Move Team	11:00 45 MIN Aqua Fit* Anna	11:00 45 MIN Aqua Fit* Anna	10:00 45 MIN Aqua Fit* Anna	11:00 45 MIN Aqua Intervall* Natalia	12:00 45 MIN Aqua Fit* Alex G.	12:00 55 MIN LM BODYPUMP Mitch
17:00 50 MIN Pilates Natalia	12:00 45 MIN Aqua Gymnastik* Anna	17:00 30 MIN Kletterwand EF. Team	11:00 45 MIN Aqua Intervall* Anna	12:00 45 MIN Aqua Fit* Natalia	13:00 120 MIN Pooltime 4 Kids* Natalia	13:00 55 MIN LM BODYCOMBAT Huong
18:00 50 MIN Step Natalia	16:00 50 MIN Healthy Back Natalia	17:30 50 MIN Pilates Estera	17:00 50 MIN Dance Marlena	17:00 50 MIN Body Shape Alex S.	15:00 45 MIN Aqua Intervall* Natalia	
19:00 55 MIN LM BODYPUMP Vivien	17:00 50 MIN Body Shape Natalia	18:00 45 MIN Aqua Fit* Natalia	18:00 50 MIN ZUMBA Marlena	18:00 50 MIN High Int. Training Alex S.	16:00 45 MIN Aqua Fit* Natalia	
19:00 45 MIN Aqua Fit* Natalia	18:00 50 MIN ZUMBA Katja	18:30 75 MIN Yoga Estera	18:00 30 MIN Functional Circle Team		18:00 55 MIN LM BODYBALANCE Patric	
20:00 55 MIN LM BODYBALANCE Vivien	18:00 45 MIN Aqua Fit* Natalia	19:00 45 MIN Aqua Fit* Natalia	19:00 55 MIN LM BODYCOMBAT Huong			
20:00 45 MIN Aqua Intervall* Natalia	19:00 55 MIN LM BODYPUMP Saskia	20:00 55 MIN LM BODYPUMP Mitch	20:00 55 MIN LM BODYPUMP Huong			
	19:00 45 MIN Aqua Intervall* Natalia					
	20:00 55 MIN LM BODYCOMBAT Saskia					

F: Fläche | P: Pool | O: Outdoor / Wetterabhängig | *: Anmeldung erforderlich | EF: Einführungskurs | **LM**LES MILLS

GÜLTIG AB
15
JUN
2019



ALL STAR GYM
Leipziger Platz 12
10117 Berlin

Telefon 030.94051670
INFO@ALLSTARGYM.DE
WWW.ALLSTARGYM.DE

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