

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 50 MIN Mobility / Stretching Alexandra	07:00 60 MIN Morning Flow Yoga Eva	07:00 60 MIN Morning Flow Yoga Eva	07:00 55 MIN  ZUMBA Katja	08:00 50 MIN Healthy Back Jacek	10:00 50 MIN  ZUMBA Katja	10:00 45 MIN Aqua Fit Olli P
09:00 50 MIN Fatburner Alexandra	09:00 45 MIN Power Circle Team F	09:00 50 MIN Latin Solo Anna D.	08:00 55 MIN Circle Training Alexandra	09:00 30 MIN Core x-press Jacek	11:00 45 MIN Aqua Fit Olli P	11:00 55 MIN  BODYCOMBAT Mirjam
10:00 55 MIN Pilates Niels	10:00 55 MIN Mobility Training Anna D.	10:00 55 MIN Pilates Anna D.	09:00 60 MIN Mobility / Stretching Alexandra	10:00 50 MIN Body Shape Jacek	12:00 50 MIN Cycling Olli	11:00 45 MIN Aqua Fit Olli P
11:00 50 MIN Body Shape Niels	11:00 50 MIN Aqua Fit Anna D. P	11:00 50 MIN Body Shape Niels	10:00 50 MIN Fatburner Anna D.	18:00 55 MIN  BODYATTACK Nhi	13:00 55 MIN  BODYATTACK Nhi	12:00 55 MIN  BODYPUMP Mitch
12:00 45 MIN Aqua Fit Niels P	16:00 50 MIN Cycling Olli	12:00 45 MIN Aqua Fit Niels P	11:00 55 MIN ABS & Stretch Anna D.	19:00 55 MIN Pilates Nhi	14:00 55 MIN Pilates Nhi	13:00 55 MIN  BODYBALANCE Edda / Janice
16:00 55 MIN Bauch Beine Po Eva	17:00 45 MIN Aqua Fit Olli P	17:30 55 MIN Pilates Estera / Heidi	12:00 50 MIN Aqua Fit Anna D. P	20:00 50 MIN  ZUMBA Sophia	18:00 45 MIN HIIT Derya	
17:00 55 MIN Stretching Eva	18:00 50 MIN  ZUMBA Katja	18:30 75 MIN Yoga Estera / Heidi	17:00 50 MIN Dance Marlena		19:00 50 MIN  ZUMBA Derya	
18:00 55 MIN Yoga Eva	18:00 45 MIN Aqua Fit Olli P	20:00 55 MIN  BODYPUMP Mitch	18:00 50 MIN  ZUMBA Marlena			
19:00 55 MIN  BODYPUMP Mitch	19:00 55 MIN  BODYPUMP Saskia		19:00 55 MIN  BODYCOMBAT Huong			
	19:00 45 MIN  ZUMBA Katherine P		20:00 55 MIN  BODYPUMP Huong			
	20:00 55 MIN  BODYCOMBAT Saskia					

GÜLTIG AB
12
OKT
2021

F: Fläche | P: Pool | 



ALL STAR GYM
Leipziger Platz 12
10117 Berlin

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

ÖFFNUNGSZEITEN

Montag 06:00-24:00h Dienstag 06:00-24:00h Mittwoch 06:00-24:00h Donnerstag 06:00-24:00h Freitag 06:00-24:00h Samstag 08:00-21:00h Sonntag 08:00-21:00h