

MAINHATTAN SPORTS

MONTAG

12:00 H	CORE YOGA 60 NEU
18:00 H	PILATES 60
19:00 H	ZUMBA 60
20:00 H	STRONG BACK 60

DIENSTAG

18:00 H	CORE TRAINING 30 NEU
18:30 H	HOT IRON 60 (LANGHANTEL) NEU
20:00 H	VINYASA YOGA 90

MITTWOCH

12:15 H	BODYWORKOUT 45 NEU
18:00 H	STRONG BACK 60
19:00 H	ZUMBA 60
20:00 H	BOXEN 90

DONNERSTAG

18:00 H	BODYSTYLING 60 NEU
19:00 H	BODYPUMP 60 (LANGHANTEL)
20:00 H	VINYASA YOGA 90

FREITAG

12:30 H	CORE TRAINING 30
18:30 H	BOXWORKOUT 90 NEU

SAMSTAG

11:00 H	PILATES 60
12:00 H	STRONG BY ZUMBA 60
13:00 H	YOGA 60 NEU

SONNTAG

11:00 H	RÜCKEN & BAUCH 60
12:00 H	BODYPUMP 60 (LANGHANTEL)
13:00 H	VINYASA YOGA 90
18:00 H	BOXEN 90