

MAINHATTAN SPORTS

FITNESS SINCE 1988

MONTAG

18:00 H - 19:00 H	(1-3)	PILATES 60	Ricky von Ramin
19:00 H - 20:00 H	(1-3)	ZUMBA 60	Ricky von Ramin
20:00 H - 21:00 H	(1-3)	RÜCKENFIT 60	Ricky von Ramin

DIENSTAG

18:00 H - 19:00 H	(1-3)	BODY COMPLETE 60	Oliver Braun
19:00 H - 20:00 H	(1-3)	POWER CIRCLE 60	Oliver Braun
20:00 H - 21:15 H	(1-3)	POWER YOGA 75	Wiebke Hüster

MITTWOCH

12:30 H - 13:00 H	(1-3)	RÜCKEN & BAUCH 30	Vanessa
18:00 H - 19:00 H	(1-3)	RÜCKEN FIT 60	Ricky von Ramin
19:00 H - 20:00 H	(1-3)	ZUMBA 60	Ricky von Ramin
20:00 H - 21:15 H	(1-3)	BOXEN 75	Ali Zandi

DONNERSTAG

18:00 H - 19:00 H	(1-3)	BODY COMPLETE 60	Corinna Wolf
19:00 H - 20:00 H	(2-3)	HOT IRON II 60	Corinna Wolf
20:00 H - 21:15 H	(1-3)	VINYASA YOGA 75	Morris Vockerodt

FREITAG

12:30 H - 13:00 H	(1-3)	RÜCKEN & BAUCH 30	Vanessa
18:30 H - 19:30 H	(1-3)	ZUMBA 60	Alejandra Varias
19:30 H - 20:30 H	(1-3)	ZUMBA TONING 60	Alejandra Varias

SAMSTAG

11:00 H - 12:00 H	(1-3)	PILATES 60	Ricky von Ramin
12:00 H - 12:30 H	(1-3)	HIIT* 30	Doreen Stolle
12:30 H - 13:30 H	(1-3)	ZUMBA 45	Doreen Stolle

SONNTAG

11:00 H - 12:00 H	(1-3)	RÜCKEN & BAUCH 60	Corinna Wolf
12:00 H - 13:00 H	(1-2)	HOT IRON I 60	Corinna Wolf
13:00 H - 14:15 H	(1-3)	VINYASA YOGA 75	Morris Vockerodt
14:30 H - 15:45 H	(2-3)	BOXEN 75	Ali Zandi

*HIGH INTENSITY INTERVALL TRAINING