



# K U R S P L A N

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
08:00 50 MIN	Pilates Aga	09:00 50 MIN	Mobility Cindy	10:00 80 MIN	Power Yoga Tong	08:05 50 MIN	ZUMBA Martyna <small>NEU ab 05.03.</small>	09:00 55 MIN	LM <b>BODYPUMP</b> Ke Cui	10:00 55 MIN	LM <b>BODYPUMP</b> Alysha	11:00 55 MIN	LM <b>BODYPUMP</b> Ke Cui
09:00 50 MIN	Bauch Beine Po Alaska	10:00 50 MIN	Bauch Beine Po Cindy	11:30 90 MIN	Pilates & Relax Tong	10:00 50 MIN	Pilates Cindy	10:00 45 MIN	ZUMBA Sophia	11:00 55 MIN	LM <b>BODYATTACK</b> Alysha	11:00 50 MIN	Xcycled Basic Fatma <b>C</b>
10:00 80 MIN	Power Yoga Karina	11:00 50 MIN	Pilates Karina			11:00 50 MIN	Bauch Beine Po Cindy	11:00 50 MIN	Rückenschule Anna	12:00 55 MIN	LM <b>BODYJAM</b> Ramona	12:00 55 MIN	LM <b>BODYCOMBAT</b> Lana
11:30 60 MIN	Stretch & Relax Karina	12:00 90 MIN	Yin & Yang Yoga Karina			12:00 50 MIN	Fit & Dance Cindy	11:00 45 MIN	Xcycled Basic Sophia <b>C</b>	13:00 50 MIN	LM <b>DANCE</b> Ramona		
								12:00 50 MIN	Bauch Beine Po Anna				
15:00 55 MIN	LM <b>BODYPUMP</b> <sup>HEAVY</sup> Ke Cui	15:00 55 MIN	LM <b>BODYPUMP</b> Ke Cui	15:00 55 MIN	LM <b>BODYPUMP</b> Ke Cui	15:00 55 MIN	LM <b>BODYPUMP</b> Ke Cui	16:00 55 MIN	LM <b>BODYPUMP</b> Hong	14:00 50 MIN	Pilates Joanna <small>NEU ab 21.03.</small>	14:30 60 MIN	ZUMBA Gabriela / Martyna
15:00 50 MIN	Xcycled Basic Madita <b>C</b>	16:00 50 MIN	Step Basic Edita	16:00 60 MIN	Yoga Ariyen	16:00 55 MIN	LM <b>BODYCOMBAT</b> Ke Cui	17:00 55 MIN	LM <b>BODYBALANCE</b> Hong	15:00 50 MIN	Bauch Beine Po Joanna <small>NEU ab 21.03.</small>	16:00 60 MIN	Pilates Heidi
16:00 50 MIN	Dance4it Hannah	17:00 50 MIN	LM <b>LMI STEP</b> Lana	17:00 45 MIN	LM <b>CORE</b> Friederike <b>NEU</b>	17:00 45 MIN	Pilates Aga	17:00 50 MIN	Xcycled Basic Alysha <b>C</b>	16:00 60 MIN	Pilates Heidi	17:10 60 MIN	Yoga Heidi
17:00 45 MIN	ZUMBA Sophia	18:00 60 MIN	ZUMBA Galja	18:00 55 MIN	LM <b>BODYPUMP</b> Olga L.	18:00 60 MIN	ZUMBA Gabriela	18:00 55 MIN	LM <b>BODYPUMP</b> Alysha	17:10 60 MIN	Yoga Heidi	18:30 55 MIN	LM <b>BODYPUMP</b> Alysha
18:00 50 MIN	FitDance Edita	18:00 50 MIN	Xcycled Basic Madita <b>C</b>	18:00 50 MIN	Xcycled Basic Fatma <b>C</b>	18:00 50 MIN	Xcycled Basic Fatma <b>C</b>	19:00 50 MIN	DivaDance Daniela			19:30 55 MIN	LM <b>BODYATTACK</b> Alysha
18:00 50 MIN	Xcycled Basic Sophia <b>C</b>	19:00 60 MIN	Bauch Beine Po Galja	19:00 55 MIN	LM <b>BODYCOMBAT</b> Olga	19:00 55 MIN	LM <b>BODYATTACK</b> Saskia	20:00 55 MIN	LM <b>BODYCOMBAT</b> Olga				
19:00 50 MIN	LM <b>SHAPES</b> Saskia	20:00 60 MIN	Stretch & Relax Galja	20:00 50 MIN	Bauch Beine Po Aga	20:00 55 MIN	LM <b>BODYBALANCE</b> Saskia						
20:00 55 MIN	LM <b>BODYATTACK</b> Saskia												

*Pink*  
FRAUEN FITNESS

LM **LES MILLS**

**C** CYCLING-RAUM

GÜLTIG AB: 25. FEBRUAR 2026

*Pink*  
FRAUEN FITNESS

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MONTAG  
07:00-23:00h

DIENSTAG  
07:00-23:00h

MITTWOCH  
07:00-23:00h

DONNERSTAG  
07:00-23:00h

FREITAG  
07:00-23:00h

SAMSTAG  
09:00-21:00h

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