KURSPLAN

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	10:00 50 MIN Pilates Cindy	10:00 45 MIN ZUMBA Sophia	10:00 55 MIN LM BODYPUMP Saskia	11:00 55 MIN LM BODYPUMP Lana
09:00 50 MIN Bauch Beine Po Anna	10:00 50 MIN Bauch Beine Po Cindy	12:00 60 MIN ZUMBA Astrid	11:00 50 MIN Bauch Beine Po Cindy	11:00 50 MIN Rückenschule Anna	11:00 55 MIN LM BODYATTACK Saskia	11:00 50 MIN Xcycled Basic Elina C
10:00 50 MIN Rückenschule Anna	11:00 50 MIN Pilates Maria	13:00 60 MIN Bodyflow Astrid	12:00 50 MIN Back Balance Yoga Cindy	11:00 45 MIN Xcycled Basic Sophia C	13:00 50 MIN LM DANCE Ramona	12:00 50 MIN LM TONE Lana
11:00 50 MIN Xcycled Basic Annabelle C	12:00 90 MIN Yin & Yang Yoga Maria			12:00 50 MIN Bauch Beine Po Anna		
16:00 55 MIN LM BODYPUMP HEAVY Lisa	15:00 55 MIN LM BODYPUMP Lisa	15:00 55 MIN LM BODYPUMP Svetlana	16:00 55 MIN LM BODYPUMP Lana	16:00 55 MIN LM BODYPUMP Hoa	14:00 45 MIN LM PILATES Ramona NEU	14:30 60 MIN ZUMBA Gabriela / Martyna
17:00 45 MIN ZUMBA Sophia	16:00 50 MIN LM SHAPES Hoa	17:00 45 MIN Zumba Burn Annabelle	17:00 45 MIN Pilates Aga	17:00 55 MIN LM BODYCOMBAT Hoa	16:00 60 MIN ZUMBA Astrid	16:00 60 MIN Pilates Heidi
18:00 55 MIN LM BODYCOMBAT Lana	17:00 50 MIN Step Hoa	18:00 55 MIN LM BODYPUMP Olga	18:00 60 MIN ZUMBA Gabriela	17:00 50 MIN Xcycled Basic Alysha C	17:00 50 MIN Bauch Beine Po Astrid	17:10 60 MIN Yoga Heidi
18:00 50 MIN Xcycled Basic Sophia C	17:00 50 MIN Xcycled Basic Annabelle C	18:00 50 MIN Xcycled Basic Annabelle C	19:00 55 MIN LM BODYATTACK Saskia	18:00 55 MIN LM BODYPUMP Alysha		18:30 55 MIN LM BODYPUMP Alysha
19:00 50 MIN LM SHAPES Saskia	18:00 60 MIN ZUMBA Galja	19:00 55 MIN LM BODYCOMBAT Olga		19:00 50 MIN DivaDance Daniela		19:30 45 MIN LM CORE Alysha
20:00 55 MIN LM BODYATTACK Saskia	19:00 60 MIN Bauch Beine Po Galja	20:00 50 MIN Bauch Beine Po Aga				

Pink FRAUEN FITNESS

LM LesMills | C CYCLING-RAUM

GÜLTIG AB: 19. OKTOBER 2026

Pink FRAUEN FITNESS
FRIEDRICHSTRASSE 100
10117 BERLIN
INFO@PINKFRAUENFITNESS.DE
TELEFON (030) 20 60 74 31

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:00-23:00h	07:00-23:00h	07:00-23:00h	07:00-23:00h	07:00-23:00h	09:00-21:00h	09:00-21:00h