

Kursplan

18.11.2024 - 24.11.2024

phc Pro-Health-Club
 Wilhelm-Wagenfeld-Str. 6
 80807 München
 089/461 33 50
 kontakt@phc-muenchen.de

Montag 18.11.2024	Dienstag 19.11.2024	Mittwoch 20.11.2024	Donnerstag 21.11.2024	Freitag 22.11.2024	Samstag 23.11.2024	Sonntag 24.11.2024
<p>08:00 - 09:00 TRX Tobi</p> <p>12:05 - 12:50 Lunch Functional Ci... Max</p> <p>14:00 - 15:00 Rehasport Jonas</p> <p>18:00 - 19:00 Cycling Marianna</p> <p>18:30 - 19:30 Rücken aktiv Jonas</p> <p>19:00 - 20:00 Bootcamp Tiana</p>	<p>09:00 - 10:00 Pilates Charlene</p> <p>10:00 - 11:00 Bodyworkout Annik</p> <p>12:05 - 12:50 Lunch Pilates Charlene</p> <p>12:30 - 13:20 Functional Training... Max</p> <p>17:30 - 18:30 Rehasport Tobi/Eric</p> <p>18:00 - 19:00 Faszien Workout Tiana</p> <p>19:00 - 20:00 Pilates Codra</p>	<p>09:00 - 10:00 Rehasport Doris</p> <p>10:00 - 11:00 Rehasport Doris</p> <p>12:10 - 13:00 Functional Training... Laura</p> <p>17:00 - 18:00 Rehasport Beate</p> <p>18:00 - 19:00 Rücken Aktiv Adrian</p> <p>18:00 - 19:00 Cycling Kateryna</p> <p>19:00 - 20:00 Bodyworkout Marianna</p>	<p>09:00 - 10:00 TRX Eric</p> <p>10:00 - 11:00 Pilates Aida</p> <p>12:10 - 13:00 Functional Training... Max</p> <p>17:30 - 18:30 Rehasport Lisa</p> <p>18:30 - 19:30 Rücken aktiv Laura</p> <p>18:30 - 19:30 Functional Training... Max</p> <p>19:30 - 21:00 Yoga Senay</p>	<p>08:00 - 09:00 Active Yoga Doris</p> <p>09:00 - 10:00 Rücken aktiv Doris</p> <p>10:00 - 11:00 Rehasport Doris</p> <p>16:00 - 17:00 Functional Training... Paul</p>	<p>09:30 - 10:30 Rücken aktiv Bianca</p> <p>10:00 - 11:00 Functional Training... Tina</p> <p>10:15 - 11:45 Yoga Korinna</p> <p>10:30 - 11:00 Easy Cycling Kateryna</p> <p>11:00 - 12:00 Power Cycling Kateryna</p>	<p>10:00 - 11:00 Strong Nation* Tina</p> <p>11:00 - 12:00 Zumba Tina</p> <p>11:00 - 12:00 Functional Training... Tina</p> <p>12:00 - 13:00 Mobility & Relax Tina</p> <p>17:30 - 18:45 Yoga Senaj</p>

- ✎ Anmeldung erford...
- Ausdauertraining...
- Body & Mind
- Faszien & Bewegl...
- Indoor
- Kinder-Training
- Krankenkassenkur...
- Muskeltraining
- ROOFTOP GYM
- ☎ Telefonische Anm...

Stand: 21.11.2024