

# LOS GEHT'S!

## DER MANGO STUNDENPLAN OKT. 2022

### Montag

09.00	Les Mills BODYPUMP	Sandy
18.05	M.A.X. & Core	Sandy
18.15	TRX	Regi
18.40	PILATES	Sarah
19.10	Jumping Fitness	Sandy
19.20	TRX	Regi
19.50	Indoor Cycling	Sarah

### Dienstag

09.00	Gsund & Fit	in Planung!
18.00	AEROBIC *	Sandy
18.15	Les Mills BODYPUMP	TEAM
19.00	Hatha Yoga	Tanja J.
19.15	Full-Body Workout *	Janine
19.20	Jumping Fitness	Sandy

### Mittwoch

08.45	Jumping Fitness	Sandy
18.00	Body Toning	Rita
19:00	Rücken & Body Fit	Simi / Sandy
19:00	Body Forming	Janine
19.20	Les Mills BODYPUMP	TEAM
20.05	Indoor Cycling	Bettina



### Freitag

08.00	M.A.X. & Tone	Nina
08.45	Jumping Fitness	Sandy
18.30	ZUMBA *	Tanja F.
18.30	SUPRISE Lektion	TEAM

### Donnerstag

09.00	Les Mills BODYPUMP	Rita
18.30	M.A.X. & CORE *	Simi
18.45	Outdoor BOOTCAMP	Sandy
19.00	Power YOGA & YIN	Miri
19.00	DANCE	Debi

\* jede 2. Woche

### Samstag

09.00 SUPRISE Lektion TEAM  
siehe @sportsnow

Mango  
FITNESS & MORE