


mikro eins Kompaktraining - Neckarsulm Group Exercise Timetable

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p>LES MILLS RPM 8:00AM - 8:50AM Studio 1</p> <p>LES MILLS BODYPUMP 9:00AM - 9:45AM Studio 1</p> <p>LES MILLS RPM 10:00AM - 10:50AM Studio 1</p> <p>LES MILLS CORE 11:00AM - 11:15AM Studio 1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Studio 1</p> <p>LES MILLS CORE 12:30PM - 12:45PM Studio 1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Studio 1</p> <p>LES MILLS CORE 3:00PM - 3:15PM Studio 1</p> <p>LES MILLS BODYPUMP 3:30PM - 4:15PM Studio 1</p> <p>LES MILLS RPM 4:30PM - 5:20PM Studio 1</p> <p>LES MILLS CORE 5:30PM - 5:45PM Studio 1</p> <p>LES MILLS CORE 5:50PM - 6:05PM Studio 1</p>	<p>LES MILLS BODYPUMP 8:00AM - 8:45AM Studio 1</p> <p>LES MILLS RPM 9:00AM - 9:50AM Studio 1</p> <p>LES MILLS CORE 10:00AM - 10:15AM Studio 1</p> <p>LES MILLS BODYPUMP 10:30AM - 11:15AM Studio 1</p> <p>LES MILLS BODYPUMP 11:30AM - 12:15PM Studio 1</p> <p>LES MILLS RPM 12:30PM - 1:20PM Studio 1</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM Studio 1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio 1</p> <p>LES MILLS RPM 4:00PM - 4:50PM Studio 1</p> <p>LES MILLS CORE 5:00PM - 5:15PM Studio 1</p> <p>LES MILLS BODYPUMP 5:30PM - 6:15PM Studio 1</p> <p>LES MILLS CORE 6:30PM - 6:45PM Studio 1</p>	<p>LES MILLS RPM 8:00AM - 8:50AM Studio 1</p> <p> 9:00AM - 10:30AM Studio 1</p> <p>LES MILLS CORE 11:00AM - 11:15AM Studio 1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Studio 1</p> <p>LES MILLS CORE 12:30PM - 12:45PM Studio 1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Studio 1</p> <p>LES MILLS CORE 3:00PM - 3:15PM Studio 1</p> <p>LES MILLS BODYPUMP 3:30PM - 4:15PM Studio 1</p> <p>LES MILLS RPM 4:30PM - 5:20PM Studio 1</p> <p>LES MILLS CORE 5:30PM - 5:45PM Studio 1</p> <p>LES MILLS CORE 5:50PM - 6:05PM Studio 1</p> <p>LES MILLS RPM 6:15PM - 7:05PM Studio 1</p>	<p>LES MILLS BODYPUMP 8:00AM - 8:45AM Studio 1</p> <p>LES MILLS RPM 9:00AM - 9:50AM Studio 1</p> <p>LES MILLS CORE 10:00AM - 10:15AM Studio 1</p> <p>LES MILLS BODYPUMP 10:30AM - 11:15AM Studio 1</p> <p>LES MILLS BODYPUMP 11:30AM - 12:15PM Studio 1</p> <p>LES MILLS RPM 12:30PM - 1:20PM Studio 1</p> <p>LES MILLS RPM 2:30PM - 1:20PM Studio 1</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM Studio 1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio 1</p> <p>LES MILLS RPM 4:00PM - 4:50PM Studio 1</p> <p>LES MILLS CORE 5:00PM - 5:15PM Studio 1</p> <p>LES MILLS BODYPUMP 5:30PM - 6:15PM Studio 1</p> <p>LES MILLS CORE 6:30PM - 6:45PM Studio 1</p>	<p>LES MILLS RPM 8:00AM - 8:50AM Studio 1</p> <p>LES MILLS BODYBALANCE 9:00AM - 10:00AM Studio 1</p> <p>LES MILLS CORE 10:15AM - 10:30AM Studio 1</p> <p>LES MILLS CORE 11:00AM - 11:15AM Studio 1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Studio 1</p> <p>LES MILLS CORE 12:30PM - 12:45PM Studio 1</p> <p>LES MILLS RPM 2:00PM - 2:50PM Studio 1</p> <p>LES MILLS CORE 3:00PM - 3:15PM Studio 1</p> <p>LES MILLS BODYPUMP 3:30PM - 4:15PM Studio 1</p> <p>LES MILLS RPM 4:30PM - 5:20PM Studio 1</p> <p>LES MILLS CORE 5:30PM - 5:45PM Studio 1</p> <p>LES MILLS CORE 5:50PM - 6:05PM Studio 1</p>	<p>LES MILLS RPM 8:00AM - 8:50AM Studio 1</p> <p>LES MILLS BODYPUMP 9:00AM - 9:45AM Studio 1</p> <p>LES MILLS CORE 10:00AM - 10:15AM Studio 1</p> <p>LES MILLS BODYPUMP 10:30AM - 11:15AM Studio 1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Studio 1</p> <p>LES MILLS CORE 12:30PM - 12:45PM Studio 1</p> <p>LES MILLS CORE 1:00PM - 1:15PM Studio 1</p> <p>LES MILLS CORE 1:30PM - 1:45PM Studio 1</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM Studio 1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio 1</p> <p>LES MILLS CORE 4:00PM - 4:15PM Studio 1</p> <p>LES MILLS BODYPUMP 4:30PM - 5:15PM Studio 1</p>	<p>LES MILLS RPM 8:00AM - 8:50AM Studio 1</p> <p>LES MILLS BODYPUMP 9:00AM - 9:45AM Studio 1</p> <p>LES MILLS CORE 10:00AM - 10:15AM Studio 1</p> <p>LES MILLS BODYPUMP 10:30AM - 11:15AM Studio 1</p> <p>LES MILLS RPM 11:30AM - 12:20PM Studio 1</p> <p>LES MILLS CORE 12:30PM - 12:45PM Studio 1</p> <p>LES MILLS CORE 1:00PM - 1:15PM Studio 1</p> <p>LES MILLS CORE 1:30PM - 1:45PM Studio 1</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM Studio 1</p> <p>LES MILLS RPM 3:00PM - 3:50PM Studio 1</p> <p>LES MILLS CORE 4:00PM - 4:15PM Studio 1</p> <p>LES MILLS BODYPUMP 4:30PM - 5:15PM Studio 1</p>

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Live Kurs mit Steffi

 **LES MILLS**
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

 **LES MILLS**
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

 **LES MILLS**
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

 **LES MILLS**
CORE

Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.

 **LES MILLS**
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

mikro eins
Kompakttraining -
Neckarsulm
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