

LIMA STUDIO

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
VORMITTAGS	GRAVITY PILATES <i>Anja</i> 7.30 – 8.30 ●			GRAVITY CIRCUIT <i>Svea</i> 10.30 – 11.20 ●		LIMA WORKOUT <i>Team</i> 10.00 – 10.50 ●
	GRAVITY PILATES <i>Anja</i> 8.45 – 9.45 ●					
MITTAGS		GRAVITY MEN POWER <i>Linda</i> 12.00 – 12.30 ●	POWERFUL FLOW & FOCUS <i>Inga</i> ● 12.30 – 13.15 ●	GRAVITY POWER <i>Svea</i> 12.00 – 12.30 ●	HIIT CIRCUIT <i>Linda</i> ● 13.30 – 14.20 ●	
		GRAVITY WOMEN POWER <i>Linda</i> 12.45 – 13.15 ●	HIIT CIRCUIT <i>Janina</i> 13.30 – 14.20 ●		LIMA PUNCH <i>Svea</i> 16.00 – 16.50 ●	
ABENDS	GRAVITY CIRCUIT <i>Janina</i> 18.00 – 18.50 ●	LIMA PUNCH <i>Svea</i> 17.00 – 17.50 ●	GRAVITY POWER <i>Svea</i> 17.00 – 17.30 ●	GRAVITY YOGA <i>Inga</i> 17.30 – 18.30 ●	GRAVITY CIRCUIT <i>Svea</i> 17.30 – 18.20 ●	
	MOBILITY YOGA <i>Janina</i> ● 19.15 – 20.15 ●	LIMA PUNCH <i>Svea</i> 19.15 – 20.05 ●	GRAVITY PILATES <i>Anja</i> 18.00 – 19.00 ●	GRAVITY YOGA <i>Inga</i> 18.45 – 19.45 ●		
			FUNCTIONAL TRAINING <i>Svea</i> ● 19.15 – 20.15 ●			

Zeitraum: Ab April 2024. 10er & 5er Karten haben eine Gültigkeit von 3 Monaten . Anmeldung über die „MySports“ App.

Nicht gültig an Feiertagen.

● Online ● BudapesterStr. ● Celsiusweg