

# Gemeinsam trainieren - gemeinsam den Erfolg erleben!



	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
	Club am Sendlinger Tor Platz	Club am Deutschen Theater	Club am Sendlinger Tor Platz	Club am Deutschen Theater	Club am Sendlinger Tor Platz	Club am Deutschen Theater	Club am Sendlinger Tor Platz	Club am Deutschen Theater	Club am Sendlinger Tor Platz	Club am Deutschen Theater	Club am Sendlinger Tor Platz	Club am Deutschen Theater	Club am Sendlinger Tor Platz	Club am Deutschen Theater
Business Workouts	Vitality Check	Vitality Check			Business Class					Business Class				
	9:00 - 10:00 Team M1	9:00 - 10:00 Team M2			7:30 - 8:00 Team M1 M		Vitality Check			7:30 - 8:00 Team M2 M	Bauch Total	Thera Prophylaxe	Thera Prophylaxe	Thera Prophylaxe
							10:00 - 11:00 Team M1				11:00 - 11:20 Team M1 M	11:00 - 11:20 Team M2 G	11:00 - 11:20 Team M1 G	11:00 - 11:20 Team M2 G
Lunch Workouts	Back Balance	BBP	Thera Prophylaxe	Thera Prophylaxe	Bauch Total	Body Tune Pilates	Thera Prophylaxe	Thera Prophylaxe	Thera Prophylaxe	Thera Prophylaxe	10:30 - 11:15 Werner M	Vitality Check	Vitality Check	Vitality Check
	11:00 - 11:30 Team M1 G	11:00 - 11:45 Team M2 M	11:00 - 11:20 Team M1 G	11:00 - 11:20 Team M2 G	10:00 - 10:20 Team M1 M	10:30 - 11:15 Steffi B	11:00 - 11:20 Team M1 G	11:00 - 11:20 Team M2 G	11:00 - 11:20 Team M1 G	Thera Prophylaxe	11:15 - 11:30 Werner G	14:00 - 15:00 Team M1	14:00 - 15:00 Team M2	14:00 - 15:00 Team M1
		Medic Stretch 11:45 - 12:00 Team M2 B				Medic Stretch 11:15 - 11:30 Steffi B				Vitality Check	Vitality Check			Bauch Total
Prime Time Workouts			Vitality Check							Vitality Check				16:30 - 16:50 Team M1 M
			12:00 - 13:00 Team M1							11:00 - 12:00 Team M2				17:00 - 17:45 Chari B
		Zirkel-Training 17:30 - 18:00 Team M2 M	Vitality Check	Zirkel-Training	Thera Prophylaxe	Bauch Total	Bauch Total	Bauch Total	Bauch Total	16:00 - 17:00 Team M2	Vitality Check			17:45 - 18:00 Chari B
Late Night Workouts	Bauch Total	Bauch Total		Bauch Total	Hollywood Conditioning	Body Shape	Bauch Total	Bauch Total	Thera Prophylaxe	16:00 - 16:20 Team M1 M	Bauch Total	Thera Prophylaxe	Bauch Total	Bauch Total
	18:00 - 18:20 Team M1 M	18:00 - 18:20 Team M2 M		Bauch Total	17:30 - 17:50 Team M1 G	18:00 - 18:20 Team M2 M	18:30 - 18:50 Team M1 M	18:00 - 18:20 Team M2 M	18:00 - 18:20 Team M1 G		18:00 - 18:20 Team M2 M	18:00 - 18:20 Team M2 G	18:00 - 18:20 Team M1 M	18:00 - 18:20 Team M2 M
	Body Shape	Body Shape	Bauch Total	Spinning	18:15 - 19:00 Florian F	18:30 - 19:15 Thomas M	18:30 - 19:15 Team M1 M	18:30 - 19:15 Team M2 M	18:30 - 19:15 Team M1 G		Body Shape	Thera Prophylaxe	Bauch Total	Bauch Total
Late Night Workouts	18:30 - 19:15 Christoffer M	18:00 - 18:45 Steffi M	18:30 - 18:50 Team M1 M	18:30 - 19:30 Sebastian F	18:30 - 18:50 Team M1 M	19:15 - 20:00 Thomas M		Body Conditioning		18:30 - 19:15 Lena M		18:00 - 18:20 Team M2 M	18:00 - 18:20 Team M1 M	18:00 - 18:20 Team M2 M
	Fat Burner Aerobic	ZUMBA	Pump 'n Move	ZUMBA	Kick 'n Box Elementals	Spinning	Body Shape	Kick 'n Box Elementals		19:15 - 20:00 Lena F		Spinning	18:00 - 19:00 Sabine	18:00 - 19:00 Sabine
	19:15 - 20:00 Thomas M	19:00 - 20:00 Monique M	19:00 - 20:00 Holger F	18:30 - 19:30 Monique M	19:00 - 19:45 Florian F	19:00 - 20:00 Sabine F	19:30 - 20:15 Christoffer M	19:15 - 20:00 Lena F						
			Body Tune Pilates			Vitality Check								
			19:30 - 20:15 Christoffer B			19:00 - 20:00 Team M2								
	Bauch Total	Bauch Total	Thera Prophylaxe	Medic Stretch	BBP	Thera Prophylaxe	Yoga Elementals	Bauch Total	Bauch Total	20:15 - 21:15 Anke B	20:00 - 20:20 Team M1 M	20:00 - 20:20 Team M2 M	20:00 - 20:20 Team M1 M	20:00 - 20:20 Team M2 M
	20:00 - 20:20 Team M1 M	20:00 - 20:20 Team M2 M	20:00 - 20:20 Team M1 G	20:15 - 20:30 Christoffer B	20:15 - 21:00 Thomas M	20:00 - 20:20 Team M2 G								
	Vitality Check	Yoga Elementals	Bauch Total Late Night	Bauch Total Late Night	Vitality Check		Bauch Total					Vitality Check	Vitality Check	
	21:00 - 22:00 Team M1	20:30 - 21:30 Martina B	21:00 - 21:20 Team M1 M	20:30 - 21:00 Team M2 M	20:30 - 21:30 Team M1		20:30 - 20:50 Team M1 M					20:30 - 21:30 Team M2	20:30 - 21:30 Team M1	

## ERFOLGSBESTIMMENDE BAUSTEINE BEI MUNICH HEALTH



Erfahrungen und Methoden aus Profisport, Therapie und Fitness schaffen Motivation, Sicherheit und Trainingserfolge.

### ÖFFNUNGSZEITEN

**Club am Sendlinger Tor Platz:**  
Mo, Di, Do & Fr: 8:30 - 22:30 Uhr  
Mittwoch: ab 7:00 Uhr  
Wochenende & Feiertag: 10:00 - 20:00 Uhr

**Club am Deutschen Theater:**  
Montag - Donnerstag: 8:30 - 22:30 Uhr  
Freitag: ab 7:00 Uhr  
Wochenende & Feiertag: 10:00 - 20:00 Uhr