



Bloomergym

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Trainingsspot:
Oefelestraße 13 A, 81543 München



Montag

16.00 - 16.30

Power Nap

17.00-18.00

Open Training

18.15 - 18.45

HIIT Power

19.00 - 19.30

HIIT Cardio

19.45 - 20.15

Active Recovery

Dienstag

8.00 - 8.30

Functional Loop
Band

8.45 - 9.15

Core

17.00 - 18.00

Open Training

18.15 - 18.45

HIIT Power

19.00 - 19.30

HIIT Cardio

19.45 - 20.30

Blackroll meets
Yoga®

Mittwoch

12.30 - 13.00

Power Nap

13.30 - 14.30

Pilates

17.00-18.00

Blackroll
Moves®

18.15 - 18.45

HIIT Power

19.00 - 19.45

HIIT Cardio
Intense

20.00 - 20.30

Functional Loop
Band

Donnerstag

17.00-17.30

Core

18.00 - 18.45

HIIT Power
Intense

19.00 - 19.30

HIIT Cardio

19.45 - 20.30

Blackroll meets
Yoga®

Freitag

9.00 - 9.30

Core

9.45 - 10.15

HIIT Cardio

15.00 - 16.00

Blackroll
Moves®

16.15 - 16.45

Functional Loop
Band

17.00 - 17.30

Active Recovery



It's an attitude!

Bloomergym