

DEIN SPORTLICHES ZUHAUSE

Mehr als 40 Fitness-Kurse pro Woche. Von Yoga bis PowerMove.



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<p>08.00-09.15 Yoga Yulija, Studio 1</p>	<p>7.30-08.30 Yoga Zoom, 817/4365/0068 Code: 643 911</p>	<p>10.00-11.00 Step Workout Julija, Studio 3</p>	<p>17.00-17.50 Complete Body Workout Nuriye, Studio 2</p>	<p>09.30-10.45 Yoga mit Soundbad Jatty, Studio 3</p>	<p>10.00-11.30 Yoga Jatty, Studio 2</p>	<p>10.00-11.00 Indoorcycling Sebastian, Studio 3</p>
<p>09.30-10.30 Pilates Felicia, Studio 3</p>	<p>17.00-18.00 Power Move Alona, Studio 2</p>	<p>17.00-17.50 Rücken Plus Jan, Studio 2</p>	<p>18.00-18.50 Bellicon Health Nuriye, Studio 3</p>	<p>10.45-12.00 Hocker Yoga Jatty, Studio 3</p>	<p>10.30-11.30 High Power-HIIT Antonia, Studio 3</p>	<p>10.15-11.15 Rücken Plus Felicia Studio 2</p>
<p>17.00-18.00 Bauch Beine Rücken Po Andrea, Studio 2</p>	<p>17.30-18.30 Indoorcycling Gaby, Studio 3</p>	<p>18.00-19.00 Hot Iron 2 Jan, Studio 2</p>	<p>18.00-19.00 Langhantel Workout Julija, Studio 2</p>	<p>16.30-17.30 Complete Body Workout Elke, Studio 2</p>		<p>11.15-12.15 Complete Body Workout Elke, Studio 1</p>
<p>17.00-18.00 Cardio Power Julija, Studio 3</p>	<p>18.00-19.00 Pilates Julija, Studio 2</p>	<p>18.00-19.00 Pilates Esther, Studio 3</p>	<p>19.00-20.00 Yoga Maria, Studio 1</p>	<p>17.30-18.30 Langhantel Workout Elke, Studio 2</p>		<p>11.15-12.30 Yoga Felicia, Studio 2</p>
<p>18.00-19.00 Indoorcycling Steffen, Studio 3</p>	<p>19.00-20.00 Zumba Cigdem, Studio 1</p>	<p>18.00-18.45 Functional Training Energy</p>	<p>19.00-20.00 Indoorcycling Julija, Studio 3</p>	<p>17.30-18.30 Bellicon Jumping Jörg, Studio 3</p>		
<p>18.00-18.45 Functional Training Energy</p>	<p>19.00-20.00 Langhantel Workout Julija, Studio 2</p>	<p>19.15-20.30 Yoga Esther, Studio 2</p>	<p>19.15-20.45 Fight Fitness Christian, Studio 2</p>			
<p>18.00-19.00 Yogalates Ramona, Studio 2</p>	<p>20.00-20.45 HIIT Tabata Cigdem, Studio 1</p>	<p>19.15-20.15 Bellicon Jumping Linda & Julija, Studio 3</p>	<p>20.00-21.00 Zumba Cigdem, Studio 1</p>			
<p>19.15-20.15 Mobility & Stretch Steffen, Studio 3</p>	<p>20.00-21.15 Fight Fitness Christian, Studio 2</p>					
<p>19.15-20.15 Langhantel Workout Julija, Studio 2</p>						

Kurzfristige Änderungen im Plan vorbehalten. Den aktuellsten Stand siehst du immer online im Buchungstool.



Direkt zum Kurs anmelden

KURSPLAN
FITNESS

