

DEIN SPORTLICHES ZUHAUSE

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



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.00-09.15 Yoga Yuliia, Studio 1	7.30-08.30 Yoga Zoom, 817/4365/0068 Code: 643911	08.00-09.00 Yoga Antonia, Studio 1	09.00-10.00 Yin Yoga Carolin, Studio 1	09.30-10.45 Yoga mit Soundbad Jatty, Studio 2	10.00-11.30 Yoga Jatty, Studio 2	10.00-11.00 Indoorcycling Sebastian, Studio 3
09.30-10.30 Pilates Julija, Studio 1	17.00-18.00 Power Workout Julija, Studio 2	10.00-11.00 Step Workout Julija, Studio 3	17.00-17.50 Complete Body Workout Nuriye, Studio 2	10.45-12.00 Hocker Yoga Jatty, Studio 2	11.00-12.00 Power Workout Julija, Studio 3 / Terrasse	10.15-11.15 Rücken Plus Felicia, Studio 2
17.00-18.00 Bauch Beine Rücken Po Andrea, Studio 2	17.30-19.00 Indoorcycling Gaby, Studio 3	12.00-12.30 Rücken Express Julija, Studio 2	18.00-18.50 Bellicon Health Nuriye, Studio 3	16.30-17.30 Complete Body Workout Elke, Studio 2		11.15-12.15 Complete Body Workout Elke, Studio 1
17.00-18.00 Yoga Antonia, Studio 3	18.00-19.00 Pilates Steffi, Studio 2	12.30-13.00 Bauch Express Julija, Studio 2	18.00-19.00 Langhantel Workout Anna, Studio 2	17.30-18.30 Langhantel Workout Elke, Studio 2		11.15-12.30 Yoga Felicia, Studio 2
17.00-18.00 Functional Training Energy	19.00-20.00 Zumba Inga, Studio 1	17.00-17.50 Rücken Plus Jan, Studio 2	19.00-20.00 Yoga Maria, Studio 1	17.30-18.30 Bellicon Jumping Simone, Studio 3		
18.00-19.00 Indoorcycling Steffen, Studio 3	19.00-20.00 Langhantel Workout Julija, Studio 2	18.00-19.00 Hot Iron 2 Jan, Studio 2	19.00-20.00 Indoorcycling Anna, Studio 3			
18.00-19.00 Functional Training Energy	20.00-21.15 Fight Fitness Christian, Studio 2	17.00-18.00 Functional Training Energy	19.15-20.45 Fight Fitness Christian, Studio 2			
18.00-19.00 Yogalates Ramona, Studio 2	20.00-20.30 Bauch Express Julija, Studio 1	18.00-19.00 Pilates Esther, Studio 3	20.00-21.00 Zumba Inga, Studio 1			
19.15-20.15 Mobility & Stretch Steffen, Studio 3		18.00-19.00 Functional Training Energy				
19.15-20.15 Langhantel Workout Julija, Studio 2		19.15-20.30 Yoga Esther, Studio 2				
		19.15-20.15 Bellicon Jumping Julija, Studio 3				

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



Direkt zum Kurs anmelden

KURSPLAN FITNESS

