

DEIN SPORTLICHES ZUHAUSE

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



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<u>08.00-09.15</u> Yoga Yuliia, Studio 1	<u>7.30-08.30</u> Yoga Zoom, 817/4365/0068 Code: 643911	<u>08.00-09.00</u> Yoga Antonia, Studio 1	<u>17.00-17.50</u> Complete Body Workout Nuriye, Studio 2	<u>09.30-10.45</u> Yoga mit Soundbad Jatty, Studio 2	<u>10.00-11.30</u> Yoga Jatty, Studio 2	<u>10.00-11.00</u> Indoorcycling Sebastian, Studio 3
<u>09.30-10.30</u> Pilates Julija, Studio 1	<u>17.00-18.00</u> Power Workout Julija, Studio 2	<u>10.00-11.00</u> Step Workout Julija, Studio 3	<u>18.00-18.50</u> Bellicon Health Nuriye, Studio 3	<u>10.45-12.00</u> Hocker Yoga Jatty, Studio 2	<u>11.00-12.00</u> Power Workout Julija, Studio 3 / Terrasse	<u>10.15-11.15</u> Rücken Plus Felicia, Studio 2
<u>17.00-18.00</u> Bauch Beine Rücken Po Andrea, Studio 3	<u>17.30-19.00</u> Indoorcycling Gaby, Studio 3	<u>12.00-12.30</u> Rücken Express Julija, Studio 2	<u>18.00-19.00</u> Langhantel Workout Anna, Studio 2	<u>16.30-17.30</u> Complete Body Workout Elke, Studio 2		<u>11.15-12.15</u> Complete Body Workout Elke, Studio 1
<u>17.00-18.00</u> Yoga Antonia, Studio 2	<u>18.00-19.00</u> Pilates Steffi, Studio 2	<u>12.30-13.00</u> Bauch Express Julija, Studio 2	<u>19.00-20.00</u> Yoga Maria, Studio 1	<u>17.30-18.30</u> Langhantel Workout Elke, Studio 2		<u>11.15-12.30</u> Yoga Felicia, Studio 2
<u>17.00-18.00</u> Functional Training Hans-Wemer, Energy	<u>19.00-20.00</u> Zumba Inga, Studio 1	<u>17.00-17.50</u> Rücken Plus Jan, Studio 2	<u>19.00-20.00</u> Indoorcycling Anna, Studio 3	<u>17.30-18.30</u> Bellicon Jumping Simone, Studio 3		
<u>18.00-19.00</u> Indoorcycling Anna, Studio 3	<u>19.00-20.00</u> Langhantel Workout Julija, Studio 2	<u>18.00-19.00</u> Hot Iron 2 Jan, Studio 2	<u>19.15-20.45</u> Fight Fitness Christian, Studio 2	<u>17.30-18.30</u> Functional Training Hans-Wemer, Energy		
<u>18.00-19.00</u> Functional Training Hans-Wemer, Energy	<u>20.00-21.15</u> Fight Fitness Christian, Studio 2	<u>18.00-19.00</u> Pilates Esther, Studio 3	<u>20.00-21.00</u> Zumba Inga, Studio 1	<u>18.30-19.30</u> Mobility & Stretch Hans-Wemer, Studio 2		
<u>18.00-19.00</u> Yogalates Ramona, Studio 2	<u>20.00-20.30</u> Bauch Express Julija, Studio 1	<u>19.15-20.30</u> Yoga Esther, Studio 2				
<u>19.00-20.00</u> Mobility & Stretch Anna, Studio 3		<u>19.15-20.15</u> Bellicon Jumping Julija, Studio 3				
<u>19.15-20.15</u> Langhantel Workout Julija, Studio 2		<u>19.30-20.30</u> Functional Training Hans-Wemer, Energy				

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



[Direkt zum Kurs anmelden](#)

KURSPLAN FITNESS

