

FiT-CLUB

Fitness | Kurse | Wellness | E-Gym

Montag - Lundi	Dienstag - Mardi	Mittwoch - Mercredi	Donnerstag - Jeudi	Freitag - Vendredi	Samstag - Samedi
9:00-10:00 Back Strength Julie Spengler	9:00-10:00 Stretch and Mobility Julie Spengler	9:00-10:00 Back Power Julie Spengler	9:00-10:00 Balance and Stability Julie Spengler	9:00-10:00 Circuit Training Julie Spengler	10:00-11:00 Pilates mini Ball Leonie Duhamel
16:00-17:00 Fitcross Alina Beck	16:00-17:00 Bodytoning Dieuveille Mangaya	12:30-13:30 Pilates mini Ball Leonie Duhamel	16:00-17:00 Bodytoning Dieuveille Mangaya	11:00-12:00 Yoga for the Back Leonie Duhamel	11:30-12:30 Myofascial Training Janequa Mishoe
17:15-18:15 Bodytoning Janequa Mishoe	17:00-18:00 Bodytoning Dieuveille Mangaya	16:00-16:45 Jumping Aris Lufuankenda	17:20-18:20 Pilates Swiss Ball Fatima El-Abbadi	16:00-17:00 Kettlebell Tom Heinrichs	13:00-13:45 Jumping Dieuveille Mangaya
18:30-19:30 Bodytoning Dieuveille Mangaya	18:00-19:00 Step Aerobic Geoffrey Jennes	17:00-18:00 Strong Nation Sandra Förster	18:30-19:30 Bodytoning William Klubert	17:00-18:00 Yoga Leonie Duhamel	
19:30-20:30 Boxing Fitness Dieuveille Mangaya	19:00-20:30 Pilates Swiss Ball Fatima El-Abbadi	18:00-19:00 Zumba Sandra Förster	19:45-20:45 Fitcross Alina Beck	18:00-19:00 Pilates Leonie Duhamel	
20:30-21:30 Pilates Leonie Duhamel	20:30-21:30 Yoga Leonie Duhamel	19:00-20:00 Bodystil William Klubert		19:15-20:00 Jumping Aris Lufuankenda	
		20:30-22:00 Pole Dance Celine Franssen		20:15-21:45 Pole Dance Celine Franssen	