

FiT-CLUB

Fitness | Kurse | Wellness | E-Gym

Montag - Lundi

9:00-10:00

Back Strength

Julie Spengler

16:00-17:00

Fitcross

Alina Beck

17:15-18:15

Bodytoning

Janequa Mishoe

18:30-19:30

Bodytoning

Dieuveille Mangaya

19:30-20:30

Boxing Fitness

Dieuveille Mangaya

20:30-21:30

Pilates

Leonie Duhamel

Dienstag - Mardi

9:00-10:00

Stretch and Mobility

Julie Spengler

16:00-17:00

Bodytoning

Dieuveille Mangaya

17:00-18:00

Bodytoning

Dieuveille Mangaya

18:00-19:00

Step Aerobic

Geoffrey Jennes

19:00-20:30

Pilates Swiss Ball

Fatima El-Abbadi

20:30-21:30

Yoga

Leonie Duhamel

Mittwoch - Mercredi

9:00-10:00

Back Power

Julie Spengler

12:30-13:30

Pilates mini Ball

Leonie Duhamel

14:00-14:45

Family Jumping

Jan Vanstreels

16:00-16:45

Jumping

Aris Lufuankenda

17:00-18:00

Strong Nation

Sandra Förster

18:00-19:00

Zumba

Sandra Förster

19:00-20:00

Bodystil

William Klubert

20:30-22:00

Pole Dance

Donnerstag - Jeudi

9:00-10:00

Balance and Stability

Julie Spengler

16:00-17:00

Bodytoning

Dieuveille Mangaya

17:20-18:20

Pilates Swiss Ball

Fatima El-Abbadi

18:30-19:30

Bodytoning

William Klubert

19:45-20:45

Fitcross

Alina Beck

Freitag - Vendredi

9:00-10:00

Circuit Training

Julie Spengler

11:00-12:00

Yoga for the Back

Leonie Duhamel

16:00-17:00

Kettlebell

Tom Heinrichs

17:00-18:00

Yoga

Leonie Duhamel

18:00-19:00

Pilates

Leonie Duhamel

19:15-20:00

Jumping

Aris Lufuankenda

20:15-21:45

Pole Dance

Samstag - Samedi

10:00-11:00

Pilates mini Ball

Leonie Duhamel

11:30-12:30

Myofascial Training

Janequa Mishoe

13:00-13:45

Family Jumping

Dieuveille Mangaya