

CLASSES



UHRZEIT	SAAL 1	SAAL 2	PERFORMANCE CENTER
09:00 - 10:00	Step - Let's get started! <i>Sebastian Piatak</i>	Yoga Flow <i>Melanie Klabuhn</i>	Boost Your Beast <i>Marco Colella</i>
	M-F	A	M
10:15 - 11:15	bellicon® JUMPING Intervall <i>Christian Köhler</i>	POUND® <i>Pia Thiemann</i>	HYROX - PFT <i>Hyrax</i>
	A	A	A
11:30 - 12:30	Dance It Up <i>Sebastian Piatak</i>	"NIM Dir Power in Slow Motion" <i>Christiane Figura</i>	HYROX - PFT <i>Hyrax</i>
	M	A	A
12:45 - 13:45	M.A.X. & smartAbs <i>Annette Gloss</i>	Pause	Pause
	A		
14:00 - 15:00	YAB.WORKOUT <i>Christian Köhler</i>	Easy Rücken Flow <i>Anastasia Tepelidou</i>	Functional Training <i>Kimberly Hähnel</i>
	A	A	A
15:00 - 16:00	Gentleman Step <i>Sebastian Piatak</i>	"NIM Dir Hip Mobility" <i>Christiane Figura</i>	TRAINCHAIN <i>Annette Gloss</i>
	M	A	A
16:15 - 17:15	bellicon® JUMPING Party <i>Christian Köhler</i>	Deep & Slow <i>Rajpal Singh</i>	Mobility Flow <i>Melanie Klabuhn</i>
	A	A	A
17:30 - 18:30	NIM Stretch&Relax <i>Christiane Figura</i>	Antara® Rücken <i>Annette Gloss</i>	Pause
	A	A	