

CLASSES



Uhrzeit	SAAL 1	SAAL 2	PERFORMANCE CENTER
09:00 - 10:00	Step Party For All <i>Marcel Kuhn</i>	Yoga Flow <i>Melanie Klabuhn</i>	Boost Your Beast <i>Marco Colella</i>
10:15 - 11:15	bellicon® JUMPING Intervall <i>Christian Köhler</i>	POUND® <i>Pia Thiemann</i>	HYROX - PFT <i>Hyrox</i>
11:30 - 12:30	Aero Dance <i>Marcel Kuhn</i>	"NIM Dir Power in Slow Motion" <i>Christiane Figura</i>	HYROX - PFT <i>Hyrox</i>
12:45 - 13:45	M.A.X. & smartAbs <i>Annette Gloss</i>	Pause	Pause
14:00 - 15:00	bellicon® JUMPING Party <i>Christian Köhler</i>	Easy Rücken Flow <i>Anastasia Tepelidou</i>	Functional Training zur Steigerung der Athletik <i>Kimberly Hähnel</i>
15:00 - 16:00	Step 2 your Limit <i>Marcel Kuhn</i>	"NIM Dir Hip Mobility" <i>Christiane Figura</i>	DEEPWORK meets BODYART - Yin & Yang <i>Katharina Knittel</i>
16:15 - 17:15	YAB.WORKOUT <i>Michael Dela Cruz</i>	Deep & Slow <i>Rajpal</i>	Mobility Flow <i>Melanie Klabuhn</i>
17:30 - 18:30	NIM Stretch&Relax <i>Christiane Figura</i>	Antara® Rücken <i>Annette Gloss</i>	Pause