

FITNESSNACHT | PROGRAMM

26/01/24 | 18-24 Uhr | Hector Sport-Centrum



VORLÄUFIG

ZEIT	BEWEGUNGS-BECKEN	RAUM 1	RAUM 2	HALLE 1	HALLE 2	HALLE 3	INDOOR-CYCLING-RAUM
17:30	Check-In						
18:00-18:25	Opening (Halle 3)						
18:30-18:55		Deepwork	Power Dumbell	Afro Dance		RhythmMobility	
19:00-19:25	Aqua Bodytone All Out	Aroha	Power Dumbell	Yoga 1 - Yang		Jump & Shape (MiniTramp)	Totally 80s
19:30-19:55	Aqua Zumba	120 Seconds	Tone to Taylor Swift The Eras Workout	Yoga 2 - Yin	HIIT Zirkel Athletic	Zumba	90er Hitmix
20:00-20:25	Aqua Combat	Step	RaveMotion	Relaxecise	Functional Training Strength Muscle	CoreDrumming	Best of 90s Trance
20:30-20:55	Aqua 60s to the 90s	Zumba Gold	80s Rock Workout	Pilates Burn	Functional Training Core/Rumpf	Energy Dance	2000er Musik, die die Nacht erhellt
21:00-21:25		BodyArt	Ballett Workout	Sammolahari	Functional Recovery	Abs & Booty Burner	Party Cycling
21:30-21:55		Late Night Pilates	Dynamic Flow	Sammolahari		Soft Strength	Rocke dein Leben
22:00-22:25			Stretch & Performance	Yoga Flow			
22:30-22:55						Party all out!	
23:00	Come together – Ausklang						

TRAININGSFLÄCHE

Ausdauer-, Kraft- & Zirkeltraining „4E“

NEU: GESUNDHEITSCOACHING SMILE

» EINSTIEGSANGEBOT SICHERN «

SAUNA BIS 23:30 UHR, MIT AUFGUSS
ESSEN 19-23 UHR, SCHULUNGSRaum (1. OG)