

MEGA WORKOUT CLASS DAY

Samstag, 27. September 2025



Raum/Uhrzeit	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00
Powerhall		Brasilian Workout <i>mit Fabricio</i>	Zumba <i>mit Fabricio</i>	PAUSE	Latino Dance <i>mit Fabricio</i>	Fighting Fit <i>mit Ralf</i>		Body Control <i>mit Fabricio</i>
Powerhall Box-Area	Box-Workout <i>mit Ralf</i>							
Kursraum OG	Yogalites Yoga meets Pilates <i>mit Nicole</i>	Aerobic Wake the floor <i>mit Sina</i>	Hot Iron® <i>mit Ralf</i>		TaeRoha <i>mit Nicole</i>	Muskel- Training <i>mit Fabricio</i>	deepWork <i>mit Jasminka</i>	
Cycle Raum OG	Indoor Cycle Morning Power <i>mit Erich</i>	Indoor Cycle Ride & Rock Party <i>mit Alex</i>				Indoor Cycle Back to the 80's <i>mit Jasminka</i>	Indoor Cycle Disco meets Rock <i>mit Sebastian</i>	

Unsere Top Fit - Presenter an diesem Tag

Jasminka Webb

- ▶ Aerobic & Step Trainerin
- ▶ Power Dumbbell Trainerin
- ▶ Indoor Cycle Trainerin
- ▶ Pilates Trainerin
- ▶ deepWork & bodyArt Trainerin

Nicole Jester

- ▶ Yoga & Pilates Trainerin
- ▶ Dance & Aerobic Trainerin
- ▶ Taebo® Trainerin
- ▶ Vinyasa Power Yoga Trainerin
- ▶ Aroha® Trainerin

Sina Stein

- ▶ Aerobic & Step Trainerin
- ▶ Workout Trainerin
- ▶ Fitnesstrainerin
- ▶ Rehasport-Trainerin

Fabricio De Lima

- ▶ Top Zumba® Presenter
- ▶ Spezialist für Brasilian Workout
- ▶ Latino Dance Instructor
- ▶ Body Control Trainer

Ralf Kunzler

- ▶ HOT IRON® Mastertrainer
- ▶ Ernährungsberater
- ▶ Fitness-Trainer
- ▶ Aerobic-Mastertrainer
- ▶ Weltmeister im Kickboxen

Erich Klaus

- ▶ Indoor Cycle Trainer
- ▶ Inhaber Top Fit Lingenfeld
- ▶ Deutscher Meister & Weltmeister im Ringen
- ▶ Physio-Therapeut

Alex Fischer

- ▶ C-Lizenz Breitensport
- ▶ Indoor Cycle Trainer
- ▶ Sportlehrer
- ▶ Fußballtrainer

Sebastian Müller

- ▶ Certified Spinning® Instructor
- ▶ Performance Trainer
- ▶ Athletiktrainer
- ▶ Triathlet IRONMAN-Distanz
- ▶ Ultra-Marathonläufer

Alle weiteren Infos findest du unter www.topfit-lingenfeld.de