

Studierendenwerk Düsseldorf

SWITCH OFF. FLOW ON.
Pilates taster session for students

Between lectures, studying, assignments and exams, it's easy to neglect exercise. Our Pilates workshop offers you the perfect opportunity to take an active break from your daily student life and do something for yourself.
- Strengthen your body, improve your flexibility and discover just how good exercise can make you feel.
- Train alongside other students, strike up conversations and make new friends.

Because being active together brings people together!
Whether you're new to Pilates or already experienced: everyone is very welcome!

Fancy giving it a go? To register, simply send us an email from your university email address to kultur@stw-d.de by 26 November 2026.
We look forward to seeing you!

In cooperation with the Hochschulservice der AOK Rheinland/Hamburg

WHEN: Tuesday, 1 December 2026, 7.00–8.30 pm
WHERE: Steinstraße 5, 40212 Düsseldorf

Studierendenwerk Düsseldorf
Team Kultur / Internationales
kultur@stw-d.de

free