

10:30 - 11:30

Bauch-Beine-Po
Ela

Montag

17:15 - 18:15

Starker Rücken
Norbert

18:15 - 19:15

Indoor-Cycle
Gudrun

20:00 - 21:00

Jumping
Dani

10:30 - 11:30

Starker Rücken
Ela

Mittwoch

17:00 - 18:00

Pilates
Ela

18:00 - 19:00

Bauch intensiv
Norbert

19:00 - 20:00

Stretching-Faszien
Norbert

10:30 - 11:30

Bauch-Beine-Po
Ela

Donnerstag

17:00 - 18:00

Indoor-Cycle
Sina

18:00 - 19:00

Langhantel
Norbert

19:00 - 20:00

Jumping
Dani

10:30 - 11:30

Starker Rücken
Norbert

Freitag

17:00 - 18:00

Jumping
Ela

18:30 - 20:00

Combat-Fitness
Clemens



„we are family“

Kursplan Leck