



Montag

18:00 - 19:00

Crossfit

Tristan

19:00 - 20:00

Indoor-Cycle

Norbert

20:00 - 21:00

Stretching

Tristan



Dienstag

17:45 - 18:45

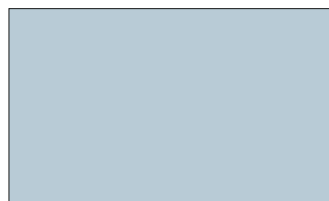
Ganzkörper Workout

Manuela

19:00 - 19:45

Fatburner

Manuela



Mittwoch

18:00 - 19:00

Plus-Size-Fitness

Daniela Gehle

19:15 - 20:15

Indoor-Cycle

Elske



Donnerstag

17:00 - 18:00

Stretching

Tristan

18:00 - 19:00

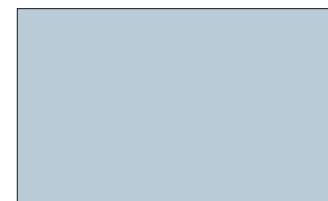
Escrima

Clemens

19:00 - 20:00

Thai-Boxing

Anneke & Jan



Freitag

17:00 - 17:45

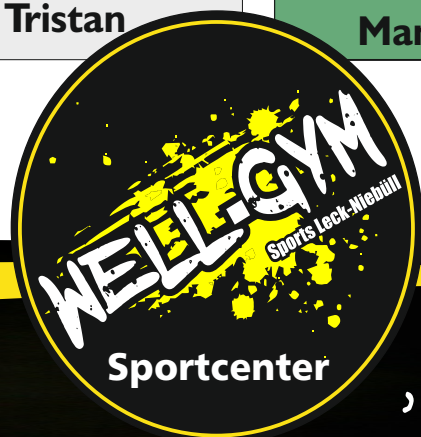
Fatburner

Manuela

17:45 - 18:45

Indoor-Cycle

Sina



„we are family“

Kursplan Niebüll

