

10:30 - 11:30

Bauch-Beine-Po
Ela

Montag

17:00 - 18:00

Starker Rücken
Norbert

18:00 - 19:00

Indoor-Cycle
Gudrun

Dienstag

17:00 - 18:00

Pezziball
Tiefenmuskulatur
Norbert

18:00 - 19:00

Langhantel
Norbert

19:00 - 20:00

Jumping
Sabrina

10:30 - 11:30

Starker Rücken
Ela

Mittwoch

18:00 - 19:00

Bauch intensiv
Norbert

19:00 - 20:00

Stretching & Faszien
Norbert

10:30 - 11:30

Jumping
Ela

Donnerstag

18:00 - 19:00

Langhantel
Norbert

19:00 - 20:00

Jumping
Sabrina

20:00 - 21:00

Indoor-Cycle
Sina

10:30 - 11:30

Starker Rücken
Norbert

Freitag

NEU!

NEU!



„we are family“

Kursplan Leck

