

Montag

9:15 - 10:15

Yoga

Nicky

Dienstag

Mittwoch

9:15 - 09:45

Tabata

Nicky

09:45 - 10:45

Let's get startet

Nicky

Donnerstag

8:45 - 10:15

FitGym

Susan

Freitag

09:30 - 10:30

Pilates

Elske

Samstag

10:30 - 11:30

Indoorcycling
und Stabi

Elske/Pia

17:00 - 17:55

Hot Iron 1

Jakob



18:00 - 18:55

Bauch-Beine-Po

Natali

18:00 - 19:15

HEAVY
lift/push/cardio

Manuela

18:00 - 18:55

Körperbewusstsein
Entspannung

Natali

18:00 - 19:15

Workout
of the Day

Mareike

18:00 - 19:15

Funktionell-
Hybrid

Manuela

19:00 - 20:00

Indoorcycling

Anne

19:00 - 20:00

Indoorcycling

Elske



Kursplan Well-Gym Niebüll ab 01.07.2026