

WELL-GYM

Sports Leck

Tel: 04662-6147844

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
10:30 - 11:30 Bauch & Beine & Po Ela	10:30 - 11:30 Jumping  Ela	10:30 - 11:30 Starker Rücken Ela	10:30 - 11:30 Bauch & Beine & Po Ela	10:30 - 11:30 Starker Rücken Norbert

Kursplan ab 18.März 2019

17:15 - 18:15 Starker Rücken Norbert	17:15 - 18:15 Stabi & Tiefenmuskulatur Meike	17:00 - 18:00 Pilates Ela	17:00 - 18:00 Indoor-Cycle Sina	17:00 - 18:00 Jumping  Ela
18:15 - 19:15 Indoor -Cycle Gudrun	18:15 - 19:15 Langhantel Workout Norbert	18:00 - 19:00 Bauch intensiv Norbert	18:00 - 19:00 Langhantel Workout Norbert	18:30 - 20:00 Kickbox-Fitness Tristan
20:00 - 21:00 Jumping  Dani	19:15 - 20:45 Cross-Fit Tristan	19:00 - 20:00 Stretching & Faszien Norbert	19:00 - 20:00 Jumping  Sigi	

NEW

NEW



Öffnungsz.: Mo -Do: 09:00 - 13:00 & 15:00 21:30

Fr: 09:00 - 21:30

Sa: 09:00 - 16:00 & So:10:00 - 16:00