

Montag

9:15 - 10:15
YOGA
Martina

Dienstag

18:00 - 19:15
**Heavy lift/push
cardio**
Manuela

19:00 - 20:00
Indoorcycling
Anne

Mittwoch

9:15 - 09:45
Tabata
Nicky

9:45 - 10:45
let's get startet
Nicky

19:00 - 20:00
Indoorcycling
Elske

Donnerstag

8:45 - 10:15
FitGym
Susan

18:00 - 19:15
Workout of the Day
Mareike

Freitag

09:30 - 10:30
Pilates
Elske

18:00 - 19:15
Funktionell Hybrid
Manuela

Samstag

10:30 - 11:30
Indoorcycling +Stabi
Elske



Kursplan Well-Gym Niebüll ab 01.12.2025