

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

**Pilates**  
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**

15:00 - 16:00

**Hit the Beat**  
Ela

**Kursplan Leck**  
ab dem 20.6. 2022



„we are family“

Kursplan Leck

