

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

9:15 - 10:45

Step-Workout

Olga

9:15 - 09:45

Tabata

Nicky

NEU!

8:45 - 10:15

FitGym

Susan

09:30 - 10:30

Pilates

Elske

9:45 - 10:45

let's get started

Nicky

NEU!

18:00 - 19:00

Workout of the Day

Mareike

18:00 - 19:00

HEAVY LIFT/Push/Cardio

Manuela

19:00 - 20:00

Indoorcycling

Anne

19:00 - 20:15

Heavy Lift Push Cardio

Manuela

19:00 - 20:00

Indoorcycling

Elske



„we are family“



Anmeldung 04661-6758333

