

# Kursplan Well-Gym Niebüll ab 21.05.2024

01.09. - 31.03

**Montag**

**Dienstag**

**Mittwoch**

**Donnerstag**

**Freitag**

**Samstag**

8:45 - 10:15  
FitGym  
Susan

09:30 - 10:30  
Pilates  
Elske

10:30 - 11:30  
Anfänger  
Indoorcycling\*\*  
Elske

17:00 - 18:00  
Work out of the Day  
Manuela **NEU!**

18:00 - 18:55  
Faszien Fitness  
Manuela

19:00 - 20:00  
Indoorcycling  
Anne

19:00 - 20:15  
Fatburner  
Manuela

19:00 - 20:00  
Indoorcycling  
Elske

18:00 - 19:00  
Work out of the Day  
Mareike **NEU!**

18:00 - 19:15  
**HEAVY LIFT/Push/Cardio**  
Manuela

19:00 - 20:00  
Stretching/Mobility  
Mareike **NEU!**

19:15 - 20:00  
Faszien Fitness  
Manuela **NEU!**



Anmeldung über die My Sports App oder tel 04661-6758333

