

## Fitness for women starting from 1st of April

In women's fitness, we train strength, endurance, and flexibility.  
The training is exclusively for women and helps to make the body healthy and strong.

The training is led by a qualified female fitness trainer and takes place in a closed hall.  
There is a changing room on site where you can change in privacy.

### Practice times:

- **Wednesday 2:30 to 4:00 pm** in the Stadium Hall  
(there is no practice during official school holidays)

### Meeting point

- Tower 2, Beuthenerstraße (we always set off together from Beuthenerstraße)

Please wear sportswear and bring a towel. If you don't have any sportswear, we can provide you with sports shoes, for example.

Please register here:



### Contact

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### Förderer

