

NXT LEVEL COURSES OF THE WEEK SPRING-SUMMER 2023

MO	Di	MI	DO	FR	SA
				10:30 - 11:15 RÜCKEN+HALTUNG 45 MIN	
16:30 - 17:15 TEENAGER-WOD 45 MIN	16:30 - 17:15 BODYSTYLING 45 MIN	16:30 - 17:15 WOD-MI INVEST FIRMENFITNESS	17:45 - 18:45 HIIT*+STRETCH. 60 MIN	14:15 - 15:00 POWERKIDS 45 MIN	
17:45 - 18:30 BELLYDANCE 45 MIN	17:30 - 18:15 STRETCHING+ 45 MIN	17:30 - 18:15 KURS-T. DENTIST FIRMENFITNESS		15:15 - 16:00 TEENAGER-WOD 45 MIN	
18:30 - 19:30 GROUP POWER 60 MIN	18:45 - 19:30 BODYPUMP 45 MIN	18:45 - 19:30 BODYPUMP 45 MIN	19:00 - 19:45 ZUMBA 45 MIN	16:15 - 17:00 BBP 45 MIN	
19:30 - 20:30 FITNESSBOXEN 60 MIN		19:30 - 20:30 FITNESSBOXEN 60 MIN			
					*FATBURNER