

Kursplan: Outdoor Kursplan Nortorf

17.05.2021 - 23.05.2021

Fitness and more
Galgenbergsweg 2
24589 Nortorf
04392- 91 40 67
fam@fiamo.de



Montag 17.05.2021	Dienstag 18.05.2021	Mittwoch 19.05.2021	Donnerstag 20.05.2021	Freitag 21.05.2021	Samstag 22.05.2021	Sonntag 23.05.2021
<p>17:00 - 17:45 Jumping Fitness</p>	<p>17:00 - 17:45 Jumping Fitness</p> <p>18:00 - 18:45 Zumba</p>	<p>10:00 - 10:45 Jumping Fitness</p> <p>17:00 - 18:00 Tabata-Workout</p>	<p>18:00 - 19:00 Langhantel-Workout</p>	<p>17:00 - 18:00 Cycling</p>		

- BBP
- Fitnessboxen
- HIIT
- Mama & Baby
- Pilates
- Bootcamp
- Flexi-Bar, BBP
- Indoor Cycling
- Pilates
- Bungee Fitness
- Functional Step ...
- Jumping Fitness
- Reha
- DeepWork
- Gesunder Rücken
- Langhantel-Worko...
- Rückenfit

Stand: 17.05.2021