

Kursplan: Kursplan Nortorf

21.06.2021 - 27.06.2021

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



Montag 21.06.2021	Dienstag 22.06.2021	Mittwoch 23.06.2021	Donnerstag 24.06.2021	Freitag 25.06.2021	Samstag 26.06.2021	Sonntag 27.06.2021
<p>10:45 - 11:30 Rückenfit/BBP</p> <p>18:00 - 18:45 Jumping Fitness</p> <p>19:15 - 20:15 Zumba</p>	<p>10:30 - 11:30 Pilates</p> <p>18:30 - 19:00 Sixpack-Attack</p> <p>19:00 - 20:00 DeepWork</p>	<p>10:15 - 11:00 Jumping Fitness</p> <p>18:30 - 19:30 Tabata/Intervall</p> <p>19:30 - 20:15 Jumping Fitness</p>	<p>09:30 - 10:30 Gesunder Rücken</p> <p>19:00 - 20:00 Langhantel-Workout</p> <p>19:00 - 20:00 Yoga</p>	<p>18:00 - 19:00 Indoor Cycling</p> <p>19:15 - 20:00 Jumping Fitness</p>		

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

Stand: 21.06.2021