

KURSPLAN | NÜRTINGEN

STAND: 01.01.2025

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SONNTAG	
10:00	PILATES	10:00	FASCIA FLOW	10:00	RÜCKEN POWER					10:00	FASCIA FLOW
17:30	ABS BURNER										
18:00	ABS, LEGS & GLUTES	18:00	BODY-STYLING	18:00	ABS, LEGS & GLUTES	18:00	PILATES	18:00	ZUMBA®		
19:00	ZUMBA®	19:00	YOGA	19:00	YOGA	19:00	YOGA				
20:00	FASCIA FLOW	20:00	ZUMBA®								