

NXT LEVEL COURSES OF THE WEEK AUTUMN-WINTER 2023/24

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	08:30 - 09:30 YOGA 60 min				
16:30 - 17:15 TEENAGER-WOD 45 MIN	16:30 - 17:15 BODYSTYLING 45 MIN	16:20 - 17:20 YOGA 60 min	17:45 - 18:45 HIIT*+STRETCH. 60 MIN	14:15 - 15:00 POWERKIDS 45 MIN	
17:30 - 18:30 BELLYDANCE 60 MIN	17:30 - 18:15 STRETCHING+ 45 MIN	17:30 - 18:30 geschl.Kurs FIRMENFITNESS		15:15 - 16:00 TEENAGER-WOD 45 MIN	
18:40 - 19:40 GROUP POWER 60 MIN	18:30 - 19:15 MOBILITY+ 45 MIN	18:45 - 19:30 BODYPUMP 45 MIN	19:00 - 20:00 ZUMBA 60 MIN	16:15 - 17:00 BBP 45 MIN	
					*FATBURNER