

## Unsere Kurse in Nenzing

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9:00-10:00 Jumping Fitness	9:30-10:30 Bauch Beine PO	9:00-10:00 Zumba	9:30-10:30 Jumping Fitness	
		10:00-11:00 Zumba Gold		15:00-16:00 Suprise
17:30-18.30 Zumba				16:30-17:30 Pilates
18:00-19:00 Free Cross Outdoorpark			18:00-19:00 Free Cross Outdoorpark	18:00-19:00 Zumba
18:30-19.30 Jumping Fitness				
19:45-20.45 Bootcamp	19:45-20:45 Jumping Fitness	19:00-20:00 Body Burn	19:30-20.30 Jumping Fitness	19:00-20:00 Tae Bo