



NIKE
TRAINING
CLUB

NIKE
N C

KURSPLAN

NIKE TRAINING CLUB STUDIO @ NIKE BERLIN
2. STOCK, TAUMENTZENSTR. 9-12, 10789 BERLIN
MELDE DICH JETZT AN @ gonike.me/ntcstudioberlin



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

8:00	NTC CORE STRENGTH		PILATES BY NTC		YOGA BY NTC	
9:00		NTC		KETTLE BELLS BY NTC	NTC CORE STRENGTH	YOGA BY NTC
10:00						KETTLE BELLS BY NTC
11:00						
12:00	NTC SURPRISE CLASS	KICKBOXING BY NTC	NTC STRONG SKILLS	NTC	NTC STRONG SKILLS	NTC CLASS & INJURY PREVENTION LECTURE
16:00						NTC MEETS CLUB DER TÖCHTER
17:00					DANCE BY NTC	KICKBOXING BY NTC
18:00	NTC	NTC	NTC	BAR BY NTC	NTC	FUEL IT BY NTC
19:00	NTC TRAIN TO RUN	NTC CORE STRENGTH	NTC TRAIN TO RUN	NTC SURPRISE CLASS	KETTLE BELLS BY NTC	