

Kursplan

10.08.2020 - 16.08.2020

INJOY Markt Schwaben
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Montag 10.08.2020	Dienstag 11.08.2020	Mittwoch 12.08.2020	Donnerstag 13.08.2020	Freitag 14.08.2020	Samstag 15.08.2020	Sonntag 16.08.2020
09:00 - 09:45 Workout	09:00 - 09:45 All in One	09:00 - 09:45 Fatburner	09:00 - 09:45 Dance	09:00 - 09:45 STEP 2	10:15 - 11:15 Rückenfit	10:30 - 12:00 Yoga Workout
10:00 - 11:00 Pilates	10:00 - 11:15 Yoga	10:00 - 11:00 Rückenfit	10:00 - 11:00 Workout	10:00 - 11:00 Bodystyling	11:15 - 12:15 Cardio Workout	17:00 - 18:00 Langhantel Workout
18:00 - 18:45 Rückenfit	18:00 - 18:45 Intensiv Workout	10:00 - 11:00 Workout	18:15 - 18:45 CXWORX	18:00 - 18:45 TRX	16:00 - 17:00 SH'BAM	
19:00 - 19:50 Cycling	19:00 - 19:45 CXWORX	18:00 - 18:45 Langhantel Workout	19:00 - 19:45 Sh'Bam	19:00 - 20:00 Body Balance		
19:00 - 19:45 STEP 2	20:00 - 21:00 Pilates	19:00 - 19:50 Cycling	20:00 - 21:00 Power Yoga			
20:00 - 20:45 Body Balance		19:00 - 19:45 Stressless Qi-Gong				
20:00 - 20:50 Cycling		20:00 - 20:50 Cycling				
		20:00 - 21:15 Yoga				

- Body / Mind
- Faszien / Bewegl...
- Figur / Muskulat...
- Functional Train...
- Herz / Kreislauf...

Stand: 15.08.2020