

# Kursplan

17.01.2022 - 23.01.2022

INJOY Rottweil  
Saline 43  
78628 Rottweil  
0741 / 1755370  
info@injoy-rottweil.de



Montag 17.01.2022	Dienstag 18.01.2022	Mittwoch 19.01.2022	Donnerstag 20.01.2022	Freitag 21.01.2022	Samstag 22.01.2022	Sonntag 23.01.2022
08:40 - 09:40 Wirbelsäulengymnast...	08:40 - 09:35 Les Mills LMI Step	08:40 - 09:40 Wirbelsäulengymnast...	08:40 - 09:35 Fit & Aktiv	08:40 - 09:35 Les Mills BODYPUMP@...	15:30 - 16:35 Bodypump	11:30 - 12:25 Les Mills BODYCOMBA...
08:40 - 09:40 Indoorcycle	08:40 - 09:40 Fit & Aktiv	08:40 - 09:40 Indoorcycle	09:45 - 10:45 Bodyforming	17:00 - 18:00 Les Mills BODYPUMP@...		
09:45 - 10:45 Bauch Beine Po	09:45 - 10:45 Les Mills BODYPUMP@...	09:45 - 11:15 Hatha Yoga	17:30 - 18:25 Bodyforming	18:00 - 18:55 Bauch Beine Po		
17:30 - 18:25 Bodyforming	16:30 - 17:00 Les Mills BODYPUMP@...	16:30 - 17:25 Zumba®	18:30 - 19:25 Jumping Fitness	19:00 - 20:00 Indoorcycle		
18:45 - 19:30 Les Mills BODYPUMP@...	17:30 - 18:30 Les Mills BODYPUMP@...	17:30 - 18:25 Les Mills LMI Step	18:30 - 19:30 Les Mills BODYPUMP@...	19:00 - 20:00 Zumba®		
19:35 - 20:35 Wirbelsäulengymnast...	19:30 - 20:30 Indoorcycle	18:30 - 19:25 Jumping Fitness				
19:45 - 21:15 Yoga kundalini		18:30 - 19:25 Les Mills BODYBALAN...				
		19:30 - 20:25 Les Mills BODYPUMP@...				
		19:30 - 20:25 Les Mills BODYCOMBA...				

■ Herz- / Kreislauf...
 ■ Kraft- / Muskelt...
 ■ Rückentraining
 ■ Yoga | Pilates |...

Stand: 17.01.2022