

# Kursplan

19.10.2020 - 25.10.2020

INJOY Rottweil  
Saline 43  
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Montag 19.10.2020	Dienstag 20.10.2020	Mittwoch 21.10.2020	Donnerstag 22.10.2020	Freitag 23.10.2020	Samstag 24.10.2020	Sonntag 25.10.2020
08:40 - 09:40 Wirbelsäulengymnast...	08:40 - 09:35 Les Mills LMI Step	08:40 - 09:40 Wirbelsäulengymnast...	08:40 - 09:40 Wirbelsäulengymnast...	08:40 - 09:35 Les Mills BODYPUMP@...	14:30 - 15:30 Les Mills LMI Step	10:20 - 11:20 Shuffle
08:40 - 09:40 Indoorcycle	08:40 - 09:40 Fit & Aktiv	08:40 - 09:40 Indoorcycle	08:40 - 09:35 Fit & Aktiv	15:00 - 15:55 Les Mills BODYBALAN...	15:35 - 16:35 Bodypump	11:30 - 12:30 Shuffle
09:45 - 10:45 Bauch Beine Po	09:45 - 10:45 Les Mills BODYPUMP@...	09:45 - 11:15 Hatha Yoga	09:45 - 10:45 Wirbelsäulengymnast...	18:00 - 18:55 Bauch Beine Po		11:30 - 12:25 Les Mills BODYCOMBA...
17:30 - 18:25 Bodyforming	16:30 - 17:00 Les Mills BODYPUMP@...	09:45 - 10:40 Les Mills BODYBALAN...	09:45 - 10:45 Bodyforming	19:00 - 20:00 Indoorcycle		
18:45 - 19:30 Les Mills BODYPUMP@...	17:30 - 18:30 Les Mills BODYPUMP@...	16:30 - 17:25 Zumba®	17:30 - 18:25 Bodyforming	19:00 - 20:00 Zumba®		
19:35 - 20:35 Wirbelsäulengymnast...	18:40 - 19:35 Les Mills BODYJAM	17:30 - 18:25 Les Mills LMI Step	18:30 - 19:25 Jumping Fitness			
19:45 - 21:15 Yoga kundalini	19:30 - 20:30 Indoorcycle	18:30 - 19:25 Jumping Fitness	18:30 - 19:30 Les Mills BODYPUMP@...			
		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: 23.10.2020