

Kursplan

30.03.2020 - 05.04.2020

INJOY Volmetal
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Montag 30.03.2020	Dienstag 31.03.2020	Mittwoch 01.04.2020	Donnerstag 02.04.2020	Freitag 03.04.2020	Samstag 04.04.2020	Sonntag 05.04.2020
08:30 - 09:00 CXWORX	12:00 - 13:00 \$20 INFLEXION	08:30 - 09:00 CXWORX	09:00 - 09:45 REHA SPORT	08:45 - 09:45 BODYPUMP		10:30 - 11:30 ZUMBA
09:05 - 10:05 FLE-XX	17:00 - 18:00 \$20 INCIRCLE	09:05 - 09:35 FUNKTIONAL	10:00 - 10:30 BODYBALANCE express...	11:00 - 12:00 \$20 INCIRCLE		11:35 - 12:05 CXWORX
09:05 - 09:35 FUNKTIONAL	17:55 - 18:25 CXWORX	10:00 - 10:45 REHA SPORT	10:35 - 11:05 BLACKROLL	16:55 - 17:25 MUSKELN made by IN...		
10:10 - 11:10 BODYBALANCE	18:30 - 19:30 STEP	11:00 - 12:00 \$20 INFLEXION	15:00 - 16:00 \$20 INFLEXION	17:30 - 18:30 BODYPUMP		
16:00 - 17:00 TENNIS made by INJO...	19:35 - 20:05 FUNKTIONAL	17:00 - 17:45 REHA SPORT	16:00 - 17:00 \$20 INCIRCLE			
17:00 - 17:45 REHA SPORT	19:35 - 20:35 SCHWINN CYCLING	17:55 - 18:25 CXWORX	17:15 - 18:00 REHA SPORT			
17:55 - 18:25 CXWORX		18:30 - 19:30 ZUMBA	18:05 - 19:05 SCHWINN CYCLING			
18:30 - 19:00 BODYBALANCE express...		19:35 - 20:05 BODYPUMP express	19:15 - 20:15 BODYBALANCE			
19:05 - 20:05 BODYPUMP		20:00 - 21:00 TENNIS made by INJO...				

- Ausdauer
- Body & Mind
- Kraft
- Prävention & Reh...
- Tennis

Stand: 03.04.2020