

Kursplan

17.01.2022 - 23.01.2022

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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
09:00 - 09:55 Rücken	09:00 - 09:55 INJOY Bodypump	09:00 - 09:55 Pilates & Faszien	09:00 - 09:55 Aerobic Basic	09:00 - 09:55 Rücken	10:30 - 11:25 Zumba®	10:30 - 11:25 Surprise
10:00 - 10:55 BBP	10:00 - 10:55 Pilates	10:00 - 10:45 Bauchkiller	10:00 - 10:55 Muskel Power	10:00 - 10:55 Bodystyling	11:30 - 12:15 QUEENAX Bauchkill...	
10:00 - 10:55 YIN Yoga	18:00 - 18:55 Full Power	10:15 - 11:10 Hatha Yoga	18:00 - 18:55 Fun Tone®	10:00 - 10:55 Indisches Hatha Yog...		
17:30 - 18:25 INJOY Bodypump	18:00 - 18:55 Indisches Hatha Yog...	17:30 - 18:25 Yoga gegen Rückensc...	18:00 - 19:30 Ashtanga/Vinyasa Yo...	18:00 - 18:55 Hatha Yoga		
18:00 - 19:00 QUEENAX Funktione...	19:00 - 20:00 QUEENAX Funktione...	18:00 - 19:00 QUEENAX Funktione...	19:00 - 19:55 Bauch-Rücken-Faszit...			
18:30 - 19:30 Body Art	19:00 - 19:55 Yoga Flow	18:00 - 18:55 Piloxing				
19:00 - 20:10 Zumba®		19:00 - 19:30 Booty Builder®				
19:15 - 20:10 Indoor-Cycling						

Beweglichkeit & ...
 Herz & Kreislauf...
 Muskeln & Figur
 Rückentraining

Stand: 21.01.2022