

Kursplan

25.05.2020 - 31.05.2020

INJOY Schwandorf
Schwimmbadstraße 9
92421 Schwandorf
09431 399500
info@injoy-schwandorf.de







Montag 25.05.2020	Dienstag 26.05.2020	Mittwoch 27.05.2020	Donnerstag 28.05.2020	Freitag 29.05.2020	Samstag 30.05.2020	Sonntag 31.05.2020
09:00 - 09:30 Bauchkiller	08:30 - 10:00 Nordic Walking	09:00 - 10:00 Pilates	09:00 - 10:00 Pump it	09:00 - 10:15 Power Wirbelsäule	10:00 - 10:45 Muskeln Made By INJ...	10:00 - 11:00 Pump Strong
09:00 - 10:00 Power Cycling	09:00 - 10:00 Body & Ballance	09:30 - 10:30 Cycle Well	09:00 - 09:45 Rehasport	09:00 - 10:00 Wirbelsäule	15:00 - 16:00 Attack Body	17:00 - 18:00 Weekend Cycling
09:30 - 10:30 Bodystyling	09:00 - 10:00 Cycling Start	10:05 - 11:05 Chi Yoga	10:00 - 10:45 Rehasport	10:00 - 10:45 Zumba		
17:30 - 18:30 Energie Cycling	10:10 - 10:55 Rehasport	18:00 - 19:15 Body Total	10:05 - 11:05 Koordinationstrai...	16:30 - 17:30 Hatha Yoga		
18:00 - 19:00 Deep Work	11:00 - 11:45 Rehasport	19:15 - 20:15 Cycling Start	16:30 - 17:15 Rehasport	18:00 - 19:00 Fight Club		
18:00 - 19:00 Cycling	12:00 - 12:45 Rehasport (Lungensp...	19:30 - 20:30 HIT	17:30 - 19:00 Clock 5	19:00 - 20:00 Pump it		
19:00 - 20:00 Bodystyling	17:00 - 17:45 Rehasport		18:30 - 19:30 Step Aerobic			
	18:00 - 18:30 Gesunder Rücken		19:30 - 20:30 Cycle Top			
	18:00 - 18:45 Rehasport (Innere M...					
	18:30 - 19:00 Sixpack total					
	19:00 - 19:45 Rehasport					

■ Fitness & Muskel...
 ■ Herz-Kreislauf-T...
 ■ Reha & Präventio...
 ■ Yoga

Stand: 25.05.2020

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	19:00 - 20:00 KamiBo					

-  Fitness & Muskul...
-  Herz-Kreislauf-T...
-  Reha & Präventio...
-  Yoga