

# Kursplan: Studio 1

25.10.2021 - 31.10.2021

INJOY Schwandorf  
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Montag 25.10.2021	Dienstag 26.10.2021	Mittwoch 27.10.2021	Donnerstag 28.10.2021	Freitag 29.10.2021	Samstag 30.10.2021	Sonntag 31.10.2021
09:00 - 09:30 Bauchkiller	08:30 - 10:00 Nordic Walking	09:00 - 10:00 Pilates-Yoga-Flow	08:45 - 09:30 Rehasport	09:00 - 10:00 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	09:45 - 10:30 Rehasport	16:30 - 17:30 Hatha Yoga		10:00 - 11:00 HIT Outdoor
09:30 - 10:30 Bodystyling	09:00 - 10:00 Cycle Start	10:05 - 11:05 Sanftes Basic Yoga ...	10:05 - 11:05 Koordinationstrai...	18:00 - 18:55 Fight Club		17:00 - 17:45 Weekend Cycling
18:00 - 19:00 Functional Workout	10:10 - 10:55 Rehasport	18:00 - 19:00 Body Total (medium ... Annette	15:30 - 16:15 Kinder-Rehasport	19:05 - 20:00 Pump it		
19:00 - 20:00 Cycling	11:10 - 11:55 Rehasport	18:00 - 19:00 Cycling	16:30 - 17:15 Rehasport			
19:15 - 20:15 Hatha Yoga	12:10 - 12:55 Rehasport (Lungensp...	18:30 - 19:30 HIT Outdoor	17:30 - 18:15 Rehasport			
	17:00 - 17:45 Rehasport	19:15 - 20:15 Cycle Start	18:30 - 19:30 Step Aerobic			
	18:00 - 18:30 Gesunder Rücken		19:30 - 20:30 Cycle Top			
	18:30 - 19:00 Sixpack total					

- Fitness & Muskel...
- Freies Training
- Herz-Kreislauf-T...
- Reha & Präventio...
- Yoga

Stand: 27.10.2021