KURSPLAN

XLNC SPORTS
IN BALANCE TO CHALLENGE!

MONTAG

08:00-9:00 1
Asthanga Yoga

17:30-18:15 FA
X Cross

17:30-18:30 1
Funktionelles Training**

18:00-19:00 2
10x Pilates §20**

18:30-19:30 1
Jumping Fitness*

18:15-19:00 FA
TRX Workout

19:15-20:30 2
Indoor Cycling

19:30-20:30 1
8x Reaktiv Faszien §20**

DIENSTAG

09:00-10:00 1
Power Vinyasa Yoga*

11:00-12:00 FZ
Five Faszientraining

17:15-18:15 2
Kenter BSG

18:15-19:15 2
Indoor Cycling

18:30-19:30 1
Power Dumbell

19:15-20:15 2
Indoor Cycling

19:30-20:00 1
XLNC Abs

MITTWOCH

17:30-18:15 1
TRX Workout

18:15-19:15 1
Bauch Beine Po

18:15-19:15 FA
X Cross

19:15-20:15 1
Jumping Fitness*

19:15-20:30 2
Indoor Cycling

DONNERSTAG

15:00-16:00 FZ
Five Faszientraining

16:45-17:30 1
XLNC Dance Kids**

18:00-19:00 2
Piloxing Knock Out*

18:30-19:30 1
Power Dumbell

19:00-20:00 2
Power Vinyasa Yoga

19:30-20:00 1
XLNC Abs

FREITAG

09:00-10:00 1
Jumping Fitness

10:00-11:00 1
Bodystyling

17:45-18:45 1
Asthanga Yoga

18:30-19:45 2
Indoor Cycling

*ab 05.10.2017

SAMSTAG

SONNTAG

9:30-10:30 1
Tabata

10:00-11:00 2
Indoor Cycling **

**ab 09.10.2017

FA = Functional Area
FZ = Faszienbereich
1 = Kursraum 1
2 = Kursraum 2

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen

XLNC-SPORTS.DE START YOUR JOURNEY. NOW.