KURSPLAN

XLNC SPORTS
IN BALANCE TO CHALLENGE!

MONTAG

08:00-9:00 1
Asthanga Yoga

17:30-18:30 1
Funktionelles Training

18:00-19:00 2
8x Reaktiv Faszien §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

11:00-12:00 FZ
Five Faszientraining

18:10-19:10 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
Bodystyling

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

18:30-19:30 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

17:15-18:00 1
Piloxing Knock Out

17:45-18:45 1
Asthanga Yoga

18:30-19:45 2
Indoor Cycling

SAMSTAG

9:30-10:30 1
Mobility + Beweglichkeit

15:00-16:00 1
Tabata

SONNTAG

10:00-11:15 2
Indoor Cycling

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.