KURSPLAN

XLNC SPORTS
IN BALANCE TO CHALLENGE!

MONTAG

08:00-9:30 1
Asthanga Yoga

10:15-11:15 1
Wähle deinen Kurs

17:30-18:15 FA
Functional Workout

18:00-19:00 1
Wähle deinen Kurs

18:15-19:00 FA
TRX Workout

19:15-20:15 1
Piloxing

19:15-20:30 2
Indoor Cycling

DIENSTAG

09:00-10:00 1
Pilates

10:00-11:00 1
Wirbelsäulengymnsatik

11:00-12:00 FZ
Five Faszientraining

17:15-18:15 1
Kenter BSG

18:15-19:15 2
Indoor Cycling FDW**

18:30-19:30 1
Power Dumbell

19:30-20:15 2
Zumba

19:30-20:00 1
XLNC Abs

20:15-21:15 2
Power Vinyasa Yoga

MITTWOCH

17:00-18:00 2
Asthanga Yoga

17:30-18:15 FA
TRX Workout

18:15-19:15 1
Bauch Beine Po

18:15-19:00 FA
Functional Workout

19:15-20:15 1
Intervall Training

19:15-20:30 2
Indoor Cycling

DONNERSTAG

15:00-16:00 FZ
Five Faszientraining

18:30-19:30 1
Power Dumbell

19:30-20:45 1
Tae Bo

19:30-20:00 2
XLNC Abs

FREITAG

09:00-10:00 1
Zumba

10:00-11:00 1
Bodystyling

17:15-18:45 2
Asthanga Yoga

SAMSTAG

SONNTAG

10:00-11:00 2
Indoor Cycling

FA = Functional Area | FZ = Faszienbereich | 1 = Kursraum 1 | 2 = Kursraum 2 | ** ab 08.11.2016 | *ab 17.11.2016

XLNC-SPORTS.DE START YOUR JOURNEY. NOW.