# KURSPLAN

XLNC SPORTS
IN BALANCE TO CHALLENGE!

## MONTAG

08:00-9:30 1
**Asthanga Yoga**

18:00-19:00 FA
**TRX Workout**

18:30-19:30 1
**Jumping Fitness***

19:15-20:30 2
**Indoor Cycling**

## DIENSTAG

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

11:00-12:00 FZ
**Five Faszientraining**

17:15-18:15 2
**Kenter BSG**

18:30-19:30 1
**Power Dumbell**

19:30-20:00 1
**XLNC Abs**

## MITTWOCH

18:00-19:00 FA
**Indoor Crossfit***

18:15-19:15 1
**Bauch Beine Po**

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
**XLNC Dance***

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
**XLNC Dance**

10:00-11:00 1
**Bodystyling**

17:00-18:00 2
**Intervall Training ***

17:45-18:45 1
**Asthanga Yoga**

18:30-19:45 2
**Indoor Cycling**

## SAMSTAG

## SONNTAG

9:30-10:30 1
**XLNC Dance**

10:30-11:30 1
**Piloxing/BBP**

FA = Functional Area
FZ = Faszienbereich
1 = Kursraum 1
2 = Kursraum 2
* Ab 01.09.2017
** ab 01.07.2017