

# KURSPLAN

**XLNC  
SPORTS**  
IN BALANCE TO CHALLENGE!

## MONTAG

08:00-9:00 1  
Asthanga Yoga (M/H)  
10:00-11:00 2  
Indoor Cycling (L/M)

17:30-18:30 1  
Funktionelles Training (H)  
18:35-19:35 1  
World Jumping Fitness (M)  
19:15-20:30 2  
Indoor Cycling (H)

L= Leicht

## DIENSTAG

09:00-10:00 1  
Funktionelles Training (M)

17:30-18:15 1  
Zumba (M)  
18:15-19:15 1  
Toso X (H)  
18:10-19:10 2  
Indoor Cycling (M)  
19:20-20:00 2  
Cycling Tabata  
19:20-20:20 1  
Step Aerobic I (M)  
20:20-21:20 1  
Step Aerobic II (H)

M = Mittel

## MITTWOCH

09:00-10:00 1  
Reha Sport  
10:00-11:00 1  
Rücken Aktiv (L)  
11:15-12:15 1  
Reha Sport

17:30-18:15 1  
TRX Workout (M)  
18:30-19:30 1  
Power Dumbell (M)  
19:35-20:35 1  
World Jumping Fitness (H)  
19:30-20:30 2  
Yoga (H)

H = Hoch

1 = Kursraum 1

## DONNERSTAG

09:00-10:00 1  
Bodystyling (M)\*

17:30-18:30 1  
Zumba (M)  
17:45-18:45 2  
Indoor Cycling (M)  
18:30-19:30 1  
Power Dumbell (H)  
19:00-20:00 2  
Toso X (M)  
19:30-20:00 1  
XLNC ABS (H)

2 = Kursraum 2

## FREITAG

09:00-10:00 1  
World Jumping Fitness (M)

17:45-18:45 1  
Asthanga Yoga (M/H)  
18:30-19:45 2  
Indoor Cycling (M)  
19:00-20:00 1  
Triathlon Training

\*ab 03.01.2019

## SAMSTAG

9:30-10:30 1  
Mobility (M)  
15:00-16:00 1  
World Jumping Tabata (M)

## SONNTAG

10:00-11:15 2  
Indoor Cycling (M)  
10:30-11:30 1  
BBP (H)

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen