

# KURSPLAN

**XLNC  
SPORTS**  
IN BALANCE TO CHALLENGE!

## MONTAG

## DIENSTAG

## MITTWOCH

## DONNERSTAG

## FREITAG

## SAMSTAG

08:00-9:00 Astanga Yoga (M) 1	09:00-10:00 Funktionelles Training (M) 1	09:00-10:00 Reha Sport 1 10:00-11:00 Rücken Aktiv (L) 1 11:15-12:15 Reha Sport 1	09:00-10:00 Bodystyling (M) 1	09:00-10:00 World Jumping Fitness (M) 1	
				15:15-16:15 Reha Sport 1	
	17:30-18:30 Zumba (M) 2	17:30-19:30 Pilates (M) 1			
17:30-18:30 Funktionelles Training (H) 1	18:00-19:00 Power Dumbell (M) 1	18:00-19:00 Indoor Cycling (M)* 2	18:00-19:00 Zumba (M) 2	17:15-18:15 Indoor Cycling (M)* 2	10:00-11:15 Indoor Cycling (M) 2
18:30-19:30 World Jumping Fitness (M) 1	18:30-19:30 Toso X (M) 2	18:30-19:30 Yoga (M) 1	18:30-19:30 Power Dumbell (H) 1	17:45-18:45 Astanga Yoga (M/H) 1	10:30-11:30 BBP (H) 1
19:15-20:30 Indoor Cycling (H) 2	19:15-20:15 Step Aerobic I (M) 1	19:15-20:30 Indoor Cycling (M) 2	19:00-20:00 Toso X (M) 2	18:30-19:45 Indoor Cycling (M) 2	
19:30-20:30 Sling-Training (M)* 1	20:15-21:15 Step Aerobic II (H) 1	19:35-20:35 World Jumping Fitness (M) 1	19:30-20:00 XLNC ABS(H) 1		
L= Leicht	M = Mittel	H = Hoch		*NEU ab 01.10.2019	

## SONNTAG

1 = Kursraum 1

2 = Kursraum 2

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen

**XLNC-SPORTS.DE**

START YOUR JOURNEY. NOW.