

KURSPLAN

**XLNC
SPORTS**
IN BALANCE TO CHALLENGE!

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:00-9:00 1
Asthangas Yoga (M/H)

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

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

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

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

15:15-16:15 1
Reha Sport

17:30-18:30 1
Funktionelles Training (H)

17:30-18:30 2
Zumba (M)

18:30-19:30 1
Yoga (H)

18:00-19:00 2
Zumba (M)

17:45-18:45 1
Asthangas Yoga (M/H)

10:00-11:15 2
Indoor Cycling (M)

18:30-19:30 1
World Jumping Fitness (M)

18:00-19:00 1
Power Dumbbell (M)

19:35-20:35 1
World Jumping Fitness (M)

18:30-19:30 1
Power Dumbbell (H)

18:30-19:45 2
Indoor Cycling (M)

10:30-11:30 1
BBP (H)

19:15-20:30 2
Indoor Cycling (H)

19:15-20:15 1
Step Aerobic I (M)

19:15-20:30 2
Indoor Cycling (M)

19:00-20:00 2
Toso X (M)

20:00-21:00 1
Bodystyling (M)

20:15-21:15 1
Step Aerobic II (H)

19:30-20:00 1
XLNC ABS(H)

L = Leicht

M = Mittel

H = Hoch

1 = Kursraum 1

2 = Kursraum 2

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen

XLNC-SPORTS.DE

START YOUR JOURNEY. NOW.