KURSPLAN

XLNC SPORTS
IN BALANCE TO CHALLENGE!

MONTAG

08:15-09:15 1
Reha Sport

09:30-10:30 1
Reha Sport

17:00-18:00 1
Funktionelles Training

18:00-19:00 2
Indoor Cycling

18:15-19:15 1
Faszientraining

19:30-20:30 1
Zumba

DIENSTAG

08:00-09:00 1
Mindful Morning Yoga

09:30-13:00 1
Funktionelles Training

17:30-18:15 2
Tabata Workout

18:00-19:00 1
Sling Training

19:00-20:00 2
Power Vinyasa Yoga

19:15-20:15 1
Step Aerobic

1 = Kursraum 1

MITTWOCH

18:00-19:00 1
XLNC Fit Mix

19:00-20:00 2
Indoor Cycling

19:15-20:15 1
Bodystyling

2 = Kursraum 2

DONNERSTAG

09:00-10:00 1
Pilates

17:00-18:00 1
Langhantel Workout

18:15-19:15 2
Indoor Cycling

18:15-19:15 1
Fullbody Workout

19:30-20:30 1
World Jumping Fitness

*= Outdoor

FREITAG

14:30-15:30 1
Taekbo - Kick dich fit

17:00-18:00 *
XLNC Running - After Work

17:15-18:15 1
Vinyasa Yoga Flow

18:30-19:30 2
Indoor Cycling

19:00-20:00 1
Pilates

SAMSTAG

09:30-10:30 1
Indoor Cycling

09:30-10:30 2
Yoga (Asthanga-Remix)

10:45-11:45 1
Yoga (Asthanga-Remix)

SONNTAG

09:00-09:45 *
XLNC Running Beginner

09:15-10:15 1
XLNC Fit Mix

10:00-11:00 2
Indoor Cycling

10:30-11:30 1
BBP

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen