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)

17:15-18:15 1
Zumba (M)

18:15-19:15 1
Toso X (H)

18:10-19:10 2
Indoor Cycling (M)*

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)

18:30-20:30 2
Yoga (H)

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

19:45-21:00 2
Indoor Cycling (M)

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 (Verein)

20:00-21:15 2
Indoor Cycling (M)*

***bis 31.03.2019**

SAMSTAG

9:30-10:30 1
Mobility (M)

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

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

SONNTAG

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen