

KURSPLAN

**XLNC
SPORTS**
IN BALANCE TO CHALLENGE!

MONTAG

08:30-9:30	1
Reha Sport	
09:45-10:45	1
Reha Sport	
17:30-18:30	1
Funktionelles Training	
18:00-19:00	2
Indoor Cycling	
19:00-20:00	1
Zumba	

DIENSTAG

08:15-09:15	1
Yoga	
09:30-10:30	1
Funktionelles Training	
17:30-18:30	1
Sling Training	
19:00-20:00	2
Power Vinyasa Yoga	
19:15-20:15	1
Step Aerobic	

MITTWOCH

18:00-19:00	1
XLNC Fit Mix	
19:00-20:00	2
Indoor Cycling	
19:15-20:15	1
Bodystyling	
1 = Kursraum 1	

DONNERSTAG

09:00-10:00	1
Pilates	
17:30-18:30	1
Langhantel Workout	
18:45-19:45	2
Indoor Cycling	
18:45-19:45	1
World Jumping Fitness	
2 = Kursraum 2	

FREITAG

17:00-18:00	2
Indoor Cycling	
17:15-18:15	1
Yoga	
18:30-19:30	2
Indoor Cycling	
18:30-19:30	1
Sling Training	

SAMSTAG

09:30-10:30	1
Yoga (Astanga-Remix)	
11:00-12:00	1
MBA - Mixed Body Arts	

SONNTAG

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