

KURSPLAN

**XLNC
SPORTS**
IN BALANCE TO CHALLENGE!

MONTAG	DIENTSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:15-9:15 Reha Sport 09:30-10:30 Reha Sport	09:00-10:00 Funktionelles Training		09:00-10:00 Pilates		09:30-10:30 Indoor Cycling 09:30-10:30 Yoga (Asthanga-Remix) 10:45-11:45 Yoga (Asthanga-Remix)
					SONNTAG
	17:00-18:00 BBP				09:00-10:00 XLNC Running
17:00-18:00 Funktionelles Training	17:30-18:15 Tabata Workout	17:00-18:00 Power Hour	17:30-18:30 Langhantel Workout		09:15-10:15 XLNC Fit Mix
18:00-19:00 Indoor Cycling	18:15-19:15 Sling Training	18:00-19:00 Indoor Cycling	18:45-19:45 Indoor Cycling	17:15-18:15 Vinyasa Yoga Flow	10:00-11:00 Indoor Cycling
18:15-19:15 Faszientraining	19:00-20:00 Power Vinyasa Yoga	18:15-19:15 XLNC Fit Mix	18:45-19:45 World Jumping Fitness*	18:30-19:30 Indoor Cycling	10:30-11:30 BBP
19:30-20:30 Zumba	19:30-20:30 Bodystyling	19:30-20:30 Step Aerobic	18:45-19:45 Fullbody Workout* 20:00-21:00 Klang-/Meditationsreise		
			*= 2-wöchig im Wechsel		
	1 = Kursraum 1	2 = Kursraum 2	**= Outdoor	Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen	