

KURSPLAN

**XLNC
SPORTS**
IN BALANCE TO CHALLENGE!

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:00-9:00 Astanga Yoga (M/H) 1	09:00-10:00 Funktionelles Training (M) 1	09:00-10:00 Reha Sport 1 10:00-11:00 Rücken Aktiv (L) 1 11:15-12:15 Reha Sport 1	09:00-10:00 Bodystyling (M) 1	09:00-10:00 World Jumping Fitness (M) 1	9:30-10:30 Mobility (M) 1
					SONNTAG
17:30-18:30 Funktionelles Training (H) 1	17:15-18:15 Zumba (M) 1 18:15-19:15 Toso X (H) 1	17:30-18:15 TRX Workout (M) 1 18:30-19:30 Power Dumbell (M) 1	17:30-18:30 Zumba (M) 1 17:45-18:45 Indoor Cycling (M)* 2	17:45-18:45 Astanga Yoga (M/H) 1 18:30-19:45 Indoor Cycling (M) 2	10:00-11:15 Indoor Cycling (M) 2 10:30-11:30 BBP (H) 1
18:35-19:35 World Jumping Fitness (M) 1	18:10-19:10 Indoor Cycling (M)* 2	18:30-20:30 Yoga (H) 2	18:30-19:30 Power Dumbell (H) 1	18:30-19:45 Indoor Cycling (M) 2	
19:15-20:30 Indoor Cycling (H) 2	19:20-20:20 Step Aerobic I (M) 1	19:35-20:35 World Jumping Fitness (H) 1	19:00-20:00 Toso X (M) 2	19:00-20:00 Triathlon Training (Verein)* 1	
20:00-21:00 Bodystyling (M) 1	20:20-21:20 Step Aerobic II (H) 1	19:45-21:00 Indoor Cycling (M) 2	19:30-20:00 XLNC ABS(H) 1	20:00-21:15 Indoor Cycling (M)* 2	
L= Leicht	M = Mittel	H = Hoch		*bis 31.03.2019	
		1 = Kursraum 1	2 = Kursraum 2	Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen	