KURSPLAN

XLNC SPORTS
IN BALANCE TO CHALLENGE!

MONTAG

08:00-9:00 1
Yoga

17:30-18:30 1
Funktionelles Training

18:45-19:45 1
World Jumping Fitness

19:00-20:00 2
Indoor Cycling

20:00-21:00 1
Line Dance

DIENSTAG

09:00-10:00 1
Funktionelles Training

18:00-19:00 1
Sling Training

19:00-20:00 2
Power Vinyasa Yoga

19:15-20:15 1
Step Aerobic I

20:30-21:30 1
Step Aerobic II

MITTWOCH

17:30-18:30 1
Zumba

18:45-19:45 1
deepWORK®

19:00-20:00 2
Indoor Cycling

20:00-21:00 1
Yoga

DONNERSTAG

08:30-09:30 1
Body Balance

18:00-19:00 2
Punch the Beat

18:30-19:30 1
Power Dumbell

19:15-20:15 2
Pilates

19:45-20:15 1
XLNC ABS

FREITAG

09:00-10:00 1
World Jumping Fitness

17:30-18:30 1
Yoga

18:30-19:00 2
Indoor Cycling

SAMSTAG

09:30-10:30 1
Bodystyling

11:00-12:00 1
Yoga

SONNTAG

09:15-10:15 1
Zumba

10:00-11:00 2
Indoor Cycling

10:30-11:30 1
BBP

1 = Kursraum 1

2 = Kursraum 2

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen

XLNC-SPORTS.DE START YOUR JOURNEY. NOW.