

KURSPLAN

**XLNC
SPORTS**
IN BALANCE TO CHALLENGE!

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

08:00-9:00 1
Asthanga Yoga (M/H)
10:00-11:00 2
Indoor Cycling (L/M)

09:00-10:00 1
Funktionelles Training (M)

09:00-10:00 1
Reha Sport
10:00-11:00 1
Rücken Aktiv (L)
11:15-12:15 1
Reha Sport

09:00-10:00 1
Bodystyling (M)

09:00-10:00 1
World Jumping Fitness (M)

9:30-10:30 1
Mobility (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)

17:30-18:15 1
Zumba (M)
18:15-19:15 1
Toso X (H)
18:10-19:10 2
Indoor Cycling (M)
19:20-20:00 2
Cycling Tabata
19:20-20:20 1
Step Aerobic I (M)
20:20-21:20 1
Step Aerobic II (H)

17:30-18:15 1
TRX Workout (M)
18:30-19:30 1
Power Dumbbell (M)
19:35-20:35 1
World Jumping Fitness (H)
19:30-20:30 2
Yoga (H)
19:45-21:00 2
Indoor Cycling (M)

17:30-18:30 1
Zumba (M)
17:45-18:45 2
Indoor Cycling (M)
18:30-19:30 1
Power Dumbbell (H)
19:00-20:00 2
Toso X (M)
19:30-20:00 1
XLNC ABS (H)

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)

SONNTAG

10:00-11:15 2
Indoor Cycling (M)
10:30-11:30 1
BBP (H)

L= Leicht

M = Mittel

H = Hoch

1 = Kursraum 1

2 = Kursraum 2

Bitte beachten sie die Mindestteilnehmerzahl von 3 Personen