

Kursplan

16.05.2022 - 22.05.2022

INJOY Waldkraiburg
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Montag 16.05.2022	Dienstag 17.05.2022	Mittwoch 18.05.2022	Donnerstag 19.05.2022	Freitag 20.05.2022	Samstag 21.05.2022	Sonntag 22.05.2022
09:00 - 09:45 Pilates	09:00 - 09:45 Functional Training...	18:15 - 19:00 Rücken Fit	09:00 - 09:45 Indoor Cycling	17:45 - 18:00 Bauch	10:15 - 11:00 Indoor Cycling	10:15 - 11:00 Indoor Cycling
09:45 - 10:00 Bauch	09:45 - 10:00 Bauch	19:00 - 19:15 Bauch	10:00 - 10:15 Bauch	18:00 - 18:45 Functional Tr. / Ki...	11:15 - 11:30 Bauch	11:15 - 11:30 Bauch
10:15 - 11:00 Indoor Cycling	18:00 - 18:45 Bodystyling	19:15 - 20:00 Functional Training...	10:15 - 10:45 Rücken Fit		11:30 - 12:15 Bauch + Beine + Po	
17:45 - 18:00 Bauch	18:45 - 19:00 Bauch		17:45 - 18:00 Bauch			
18:00 - 18:45 Rücken Fit	19:00 - 20:00 Langhantel Workout		18:00 - 18:45 Pilates			
18:45 - 19:30 Kickbox Aerobic						
19:30 - 20:15 Indoor Cycling						
20:15 - 21:00 Functional Training...						

- Bauch
- Body/Mind
- Functional
- Herz/Kreislauf
- Indoor Cycling
- Rücken/Core

Stand: 17.05.2022