

Kursplan

21.04.2025 - 27.04.2025

INJOY Waldkraiburg
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Montag 21.04.2025	Dienstag 22.04.2025	Mittwoch 23.04.2025	Donnerstag 24.04.2025	Freitag 25.04.2025	Samstag 26.04.2025	Sonntag 27.04.2025
09:00 - 09:45 Pilates	09:00 - 09:45 Functional Training...	17:45 - 18:30 Rücken Fit	09:00 - 09:45 Indoor Cycling	18:00 - 18:15 Bauch	10:15 - 11:00 Indoor Cycling	10:15 - 11:00 Indoor Cycling
09:45 - 10:00 Bauch	09:45 - 10:00 Bauch	18:30 - 18:45 Bauch	10:00 - 10:15 Bauch	18:15 - 19:00 Functional Training...	11:15 - 11:30 Bauch	11:15 - 11:30 Bauch
10:15 - 11:00 Indoor Cycling	18:00 - 18:45 Bodystyling	18:45 - 19:30 HIIT	10:15 - 10:45 Rücken Fit		11:30 - 12:15 Bauch + Beine + Po	
17:45 - 18:30 Rücken Fit	18:45 - 19:00 Bauch		17:45 - 18:00 Bauch			
18:30 - 18:45 Bauch	19:00 - 20:00 Yoga		18:00 - 18:45 Pilates			
18:45 - 19:30 Kickbox Aerobic						
19:30 - 20:15 Indoor Cycling						

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

Stand: 25.04.2025