

Kursplan

24.02.2020 - 01.03.2020

INJOY Engen
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Montag 24.02.2020	Dienstag 25.02.2020	Mittwoch 26.02.2020	Donnerstag 27.02.2020	Freitag 28.02.2020	Samstag 29.02.2020	Sonntag 01.03.2020
09:00 - 09:45 Jumping Fitness	09:00 - 10:00 Fit & Vital	09:00 - 09:10 Bauch Fit	09:00 - 10:00 Fit & Vital	09:00 - 09:45 Iron Cross	09:30 - 10:15 Jumping Fitness	09:30 - 10:30 Barre Workout
10:00 - 10:45 Bodyworkout	15:00 - 15:45 Rehasport Elena	09:15 - 09:55 Starker Rücken	16:30 - 17:15 Rehasport	10:00 - 10:30 Jumping Express	10:30 - 11:30 Yoga	10:45 - 11:15 Jumping Express
10:50 - 11:15 Beweglichkeit	18:00 - 18:20 ARENA Grundübungen	10:00 - 10:45 Zumba® Toning	17:30 - 18:15 Rehasport	10:40 - 11:00 ARENA Mobilität		
18:00 - 18:20 ARENA Grundübungen	18:30 - 19:25 Bodyworkout	11:00 - 11:45 Rehasport	18:00 - 18:20 ARENA Grundübungen	11:15 - 12:00 Rehasport		
18:15 - 18:55 Rücken & Mobilisati...	19:30 - 20:30 Zumba®	18:00 - 18:20 ARENA Grundübungen	18:30 - 19:15 Iron Cross	17:30 - 18:15 Muskeln by INJOY		
19:00 - 19:20 Bauch		18:25 - 18:35 Bauch Fit	19:30 - 20:00 Jumping Express	18:30 - 19:30 Zumba®		
19:30 - 20:30 Hot Iron II		18:35 - 18:55 Booty Camp				
		19:00 - 19:55 Hot Iron I				
		20:00 - 21:00 Yoga				

 INJOY Arena
  INJOY Group
  INJOY Reha

Stand: 25.02.2020