

Kursplan

14.06.2021 - 20.06.2021

INJOY Königsbrunn
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| Montag 14.06.2021 | Dienstag 15.06.2021 | Mittwoch 16.06.2021 | Donnerstag 17.06.2021 | Freitag 18.06.2021 | Samstag 19.06.2021 | Sonntag 20.06.2021 |
|---|---|---|--|---|---|---|
| 09:00 - 09:30 Flexi-Bar Marion | 09:15 - 10:15 Wirbelsäule Patricia | 09:15 - 10:15 Yoga Moira | 09:15 - 10:15 Wirbelsäule Patricia | 08:45 - 09:30 Gesund & Beweglich Moira | 10:00 - 11:00 POWER Dumbell Linda | 10:00 - 11:00 INJOY Cycling Christine |
| 09:30 - 10:30 B B P Ruth | 09:30 - 10:30 Yoga Moira | 09:30 - 10:15 Rücken - Zirkel (Fl... Flächentrainer | 09:30 - 10:30 Pilates Marion | 09:30 - 10:30 INJOY Cycling Christine | 11:00 - 12:00 Zumba Marina | 10:00 - 11:00 Yoga Silvia |
| 09:45 - 10:45 Rückenfit Marion | 10:15 - 11:15 INJOY Cycling Christine | 10:15 - 10:45 Stretching Moira | 10:30 - 11:00 Evergreen Patricia | 09:45 - 10:30 Rücken - Zirkel (Fl... Flächentrainer | | 11:15 - 12:15 Yoga Silvia |
| 10:30 - 11:30 Special Body Workou... Ruth | 18:00 - 19:00 Pilates Marion | 10:15 - 11:30 Fatburner & Dancefu... Patricia | 17:30 - 18:30 POWER Dumbell Linda | 10:30 - 11:00 Stretching Flächentrainer | | |
| 10:45 - 11:30 Faszien in Bewegung... Marion | 19:00 - 20:00 POWER Dumbell Rainer | 17:15 - 18:00 B B P Sybille | 18:30 - 19:30 INfunction Linda | 17:00 - 18:00 POWER Dumbell Ute | | |
| 15:00 - 16:00 Rücken & Koordinati... Marion | 19:15 - 20:15 Zumba Tina | 18:00 - 19:00 Special Body Workou... Sybille | 18:30 - 19:00 Bauch-Express Flo | 17:00 - 18:00 Step & Fun Patricia | | |
| 18:15 - 19:15 INJOY Cycling Rolf | 19:30 - 20:30 INJOY Cycling Marc | 18:15 - 19:15 INJOY Cycling Isabell | 19:15 - 20:15 INJOY Cycling Flo | 18:00 - 18:45 B B P Ute | | |
| 18:30 - 19:30 Zumba Patricia | | 19:00 - 20:00 Rückenfit Moira | | 18:45 - 19:15 Stretching Ute | | |
| 20:00 - 21:00 Step - Tanz Birgit | | 19:15 - 20:30 Yoga Sonja | | 19:00 - 20:15 Yoga Sonja | | |

- Entspannung
- Figurtraining
- Herz-Kreislauf-T...
- Rücken & Gesundh...
- Tanz
- Workout

Stand: 15.06.2021