

Kursplan

18.10.2021 - 24.10.2021

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Montag 18.10.2021	Dienstag 19.10.2021	Mittwoch 20.10.2021	Donnerstag 21.10.2021	Freitag 22.10.2021	Samstag 23.10.2021	Sonntag 24.10.2021
09:00 - 10:00 Yoga	08:30 - 09:30 Rücken Fit	08:30 - 09:30 Step 2	09:00 - 09:55 Rücken Fit	09:00 - 10:00 Cycling	11:00 - 13:00 Freies Fitness Boxe...	09:30 - 10:30 Cycling
10:15 - 11:15 Fitness Cocktail	10:00 - 11:00 Rücken Fit	09:45 - 10:45 Total Body Workout	10:05 - 10:50 Jumping Fitness	09:00 - 10:00 Fitness Cocktail	14:30 - 15:30 Les Mills BODYPUMP@...	10:00 - 11:00 Fitness Cocktail
10:15 - 11:10 BALLance	17:00 - 18:00 Cycling	18:00 - 19:00 Cycling	17:00 - 18:00 Cycling	09:00 - 10:00 fle.xx Gymnastik		10:45 - 11:45 Cycling
17:30 - 18:00 Bauchkiller	18:00 - 19:00 Fitness Cocktail	18:00 - 19:00 Zumba®	17:45 - 18:30 Jumping Fitness	10:10 - 11:10 Pilates		11:15 - 11:45 Bauchkiller
17:30 - 18:30 Pilates	18:00 - 19:00 Yoga	18:15 - 19:00 fle.xx Gymnastik	18:15 - 19:15 Cycling	10:15 - 11:15 Yoga		
18:15 - 19:15 Cycling	18:15 - 19:15 Cycling	19:15 - 20:15 BALLance	18:45 - 19:30 Rücken Fit	17:00 - 18:00 HOT IRON®		
18:15 - 19:00 Jumping Fitness	19:15 - 20:15 Les Mills BODYPUMP@...	19:15 - 20:15 HOT IRON®	19:40 - 20:40 Les Mills BODYPUMP@...	18:15 - 19:15 Cycling		
18:30 - 20:00 Krav Maga	19:15 - 20:45 Freies Fitness Boxe...			18:15 - 19:15 Yoga		
18:40 - 19:10 BALLance				18:30 - 20:00 Krav Maga		
19:20 - 20:20 Yoga						
19:30 - 20:30 Cycling						

- Figur- & Muskelt...
- Trainingsfläche
- Herz- / Kreislau...
- Yoga & Pilates
- Reha
- Rückentraining

Stand: 22.10.2021