

INJOY Group

An Feiertagen keine Kurse

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9.00 - 9.45 Bodyworkout	9.00 - 10.00 Yoga	9.00 - 9.55 Starker Rücken	9.00 - 9.45 Koordinations Workout	9.00 - 9.50 Iron Workout	10.00 - 11.00 Specials Siehe Aushänge
9.45 - 10.30 Body in Motion		10.00 - 10.45 Cardio Fitness		10.00 - 10.40 Pilates	
18.00 - 18.45 Wirbelsäulen Gymnastik	18.00 - 18.45 Bodyworkout	18.00 - 18.15 Bauch	18.00 - 19.00 TôsoX	18.00 - 19.00 Body Circle	
18.55 - 19.10 Bauch	18.50 - 19.10 H.I.I.T	18.20 - 19.20 Hot Iron I	19.10 - 19.55 Jumping		
19.15 - 20.15 Hot Iron II	19.15 - 20.15 Cardio Fitness	19.30 - 20.30 Yoga			

Sonntag
9.30 - 10.30 Barre Workout
10.40 - 11.10 Jumping

