



INJOY Group

An Feiertagen keine Kurse

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
9.00 - 9.45 Bodyworkout	9.00 - 10.00 Yoga	9.00 - 9.55 Starker Rücken	9.00 - 10.00 Korce <i>Koordination</i>	9.00 - 9.50 Hot Iron I	9.30 - 10.30 Barre Workout
9.45 - 10.30 <i>Korce Basic</i>		10.00 - 10.45 Cardio Fitness		10.00 - 10.40 Pilates	
18.00 - 18.45 <i>Longevity Basic</i>	18.00 - 18.55 Bodyworkout	18.00 - 18.15 <i>Bauch Intensiv</i>	18.00 - 18.55 <i>TôsoX</i>	18.00 - 19.00 <i>Body Circle</i>	
18.55 - 19.10 <i>Bauch</i>	19.00 - 20.00 Cardio Fitness	18.20 - 19.20 <i>Hot Iron I</i>	19.00 - 20.00 Korce <i>Kraft-Ausdauer</i>		
19.15 - 20.15 <i>Hot Iron II</i>		19.30 - 20.30 Yoga			