

Kursplan

22.07.2024 - 28.07.2024

INJOY Berlin
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Montag 22.07.2024	Dienstag 23.07.2024	Mittwoch 24.07.2024	Donnerstag 25.07.2024	Freitag 26.07.2024	Samstag 27.07.2024	Sonntag 28.07.2024
10:20 - 11:05 Rückentraining	09:35 - 10:20 Bodyshape	10:30 - 11:30 Qi Gong	09:00 - 10:00 Fit 50 Plus	10:30 - 11:00 Mobilisation	11:00 - 12:30 Hatha Yoga	10:30 - 11:30 Step
10:30 - 11:15 REHA	10:30 - 11:15 Rückentraining	12:00 - 12:45 Rückentraining	10:15 - 11:00 Rückentraining	10:30 - 11:15 REHA Sport		11:35 - 12:20 Bodyshape
11:10 - 12:10 Pilates	17:00 - 17:45 Bodyshape	13:00 - 13:45 REHA	18:00 - 18:45 Bodyshape	11:00 - 12:00 Pilates		
16:30 - 17:30 Bodypump®	17:50 - 18:50 Dance Mix	17:00 - 17:45 Rückentraining	19:00 - 19:45 Rückentraining	12:00 - 12:45 Rückentraining		
17:45 - 18:45 Body Definition	18:55 - 19:55 Stretch & Relax	17:00 - 17:45 REHA	19:00 - 20:00 Bodypump®	16:30 - 17:30 Bodypump®		
18:00 - 18:50 Pilates		18:00 - 18:30 Sixpack				
18:00 - 19:30 Hatha Yoga		18:00 - 18:55 BodyBalance®				
19:00 - 19:45 Rücken und Bauch		18:40 - 19:10 HIIT Cycling				
19:00 - 20:00 Zumba Fitness		19:15 - 19:45 Functional XPRESS				

■ Ausdauer
 ■ Body & Mind
 ■ Figur und Körper...
 ■ Kraft
■ Rücken und Gelen...

Stand: 24.07.2024