

Kursplan

24.01.2022 - 30.01.2022

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Montag 24.01.2022	Dienstag 25.01.2022	Mittwoch 26.01.2022	Donnerstag 27.01.2022	Freitag 28.01.2022	Samstag 29.01.2022	Sonntag 30.01.2022
07:00 - 08:00 Yoga	09:30 - 10:15 Body Pump	08:30 - 09:15 Five & Faszien	08:15 - 09:15 Yoga & Five	08:30 - 09:15 RückenFit	14:00 - 14:45 Tone	10:00 - 10:45 Body Pump
08:30 - 09:15 RückenFit	18:00 - 18:45 Body Attack	09:30 - 10:15 Tone	09:30 - 10:15 RPM	09:30 - 10:15 Zumba	15:00 - 15:45 Body Attack	11:00 - 11:45 Body Combat
09:30 - 10:15 Body Balance	19:00 - 19:45 RPM	12:15 - 13:00 INfunction	09:30 - 10:15 Jumping Fitness	15:00 - 15:45 INfunction	16:00 - 16:45 Body Balance	11:00 - 11:45 RPM
12:15 - 13:00 INfunction	19:00 - 19:45 Body Combat	17:30 - 18:15 Body Pump	18:00 - 18:45 Jumping Fitness	17:30 - 18:15 Body Combat		
16:30 - 17:15 RückenFit	20:00 - 21:00 Yoga	18:30 - 19:15 LMI Step	19:00 - 19:45 Zumba	18:30 - 19:15 Body Pump		
17:30 - 18:15 BodyFit		18:30 - 19:15 RPM light	19:00 - 19:45 RPM	18:30 - 19:15 RPM		
18:30 - 19:15 Bauch, Beine, Po		19:30 - 20:15 Body Balance	20:00 - 20:45 Body Pump	19:30 - 20:30 Yoga		
18:30 - 19:15 RPM						
19:30 - 20:15 LMI Step						

Fitnesskurse
 Intensiv Betreu...
 Vitalkurse

Stand: 27.01.2022