

KURSPLAN

**XLNC
SPORTS**
IN BALANCE TO CHALLENGE!

MONTAG

08:15-9:15	1
Reha Sport	
09:30-10:30	1
Reha Sport	
17:30-18:30	1
Funktionelles Training	
18:00-19:00	2
Indoor Cycling	
19:00-20:00	1
Zumba	

DIENSTAG

09:00-10:00	1
Funktionelles Training	
18:00-19:00	1
Sling Training	
19:00-20:00	2
Power Vinyasa Yoga	
19:15-20:15	1
Step Aerobic	

1 = Kursraum 1

MITTWOCH

18:00-19:00	1
XLNC Fit Mix	
19:00-20:00	2
Indoor Cycling	
19:15-20:15	1
Bodystyling	

2 = Kursraum 2

DONNERSTAG

09:00-10:00	1
Pilates	
17:30-18:30	1
Langhantel Workout	
18:45-19:45	2
Indoor Cycling	
18:45-19:45	1
World Jumping Fitness	
20:15-21:15	1
Klangreise	

* = Outdoor

FREITAG

17:15-18:15	1
Yoga	
18:30-19:30	2
Indoor Cycling	
18:30-19:30	1
Hula Hoop	

SAMSTAG

09:30-10:30	1
Indoor Cycling	
09:30-10:30	2
Yoga (Astanga-Remix)	
10:45-11:45	1
Yoga (Astanga-Remix)	
SONNTAG	
09:00-09:30	*
XLNC Running (Beginner)	
09:15-10:15	1
XLNC Fit Mix	
09:30-10:30	*
XLNC Running (Fortgeschrittene)	
10:00-11:00	2
Indoor Cycling	
10:30-11:30	1
BBP	

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen