


Kursplan

15.01.2018 - 21.01.2018

Jump Fitnessclub
 Richtwiese 4
 90530 Wendelstein
 09129 9099980
 info@jump-fitnessclub.de



Montag 15.01.2018	Dienstag 16.01.2018	Mittwoch 17.01.2018	Donnerstag 18.01.2018	Freitag 19.01.2018	Samstag 20.01.2018	Sonntag 21.01.2018
09:30 - 10:30 Polar Cycling	09:15 - 10:30 Bodycross	09:30 - 10:15 Zirkel-Fit	09:30 - 10:30 Polar Cycling	09:30 - 11:00 Sunsalute Yoga	12:30 - 13:30 WORLD JUMPING®	09:45 - 10:45 WSG Spezial
09:30 - 11:00 Einsteiger & Ü60 - ...	10:30 - 11:30 WORLD JUMPING®	10:30 - 11:30 mobility-Training	09:30 - 11:00 WSG Spezial	17:15 - 18:15 WSG Spezial	13:30 - 14:30 Intervall Cycling	09:45 - 11:00 Polar Cycling
09:45 - 10:30 Einsteiger Zirkel	17:45 - 18:45 Polar Cycling	17:30 - 18:15 Einsteiger Zirkel	17:45 - 18:45 Cycling	18:15 - 19:15 Functional Workout		10:45 - 11:45 BBP
18:00 - 19:00 Polar Cycling	18:00 - 18:30 BMW	17:45 - 18:45 WSG Spezial	18:45 - 20:00 bodyArt & Blackroll...			
18:00 - 19:00 WSG Spezial	18:30 - 19:30 Zumba Dance	18:00 - 19:00 Intervall Cycling	19:00 - 19:55 Zirkel-Fit			
19:00 - 20:00 BBP	19:00 - 20:00 Intervall Cycling	18:45 - 19:45 BBP	19:00 - 20:00 Polar Cycling			
19:00 - 19:45 Zirkel-Fit	20:00 - 21:30 Sunsalute Yoga	19:15 - 20:15 Intervall Cycling	20:00 - 21:00 WORLD JUMPING®			
19:15 - 20:15 Intervall Cycling		20:00 - 21:00 Functional Workout				
20:00 - 21:00 Bodycross						

■ Ausdauer
 ■ Entspannung
 ■ Figur
 ■ Kraft

Stand: 20.01.2018