

Kursplan

16.07.2018 - 22.07.2018

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



Montag 16.07.2018	Dienstag 17.07.2018	Mittwoch 18.07.2018	Donnerstag 19.07.2018	Freitag 20.07.2018	Samstag 21.07.2018	Sonntag 22.07.2018
09:30 - 10:30 Polar Cycling	09:00 - 10:00 Bodycross	09:30 - 10:15 Zirkel-Fit	09:30 - 10:30 Polar Cycling	09:30 - 11:00 Sunsalute Yoga	10:15 - 11:05 WORLD JUMPING®	09:45 - 10:45 WSG Spezial
09:30 - 11:00 Einsteiger & Ü60 - ...	10:00 - 11:00 WORLD JUMPING® & Fu...	10:30 - 11:15 mobility-Training	09:30 - 11:00 WSG Spezial	17:15 - 18:15 WSG Spezial	11:05 - 11:30 Tabata Mix	09:45 - 11:00 Polar Cycling
09:45 - 10:30 Einsteiger Zirkel	18:00 - 18:30 BMW	17:30 - 18:15 Einsteiger Zirkel	18:00 - 20:00 Rennrad-Gruppe (Ab...	18:15 - 19:15 Functional Workout		10:45 - 11:45 BBP
18:00 - 19:00 Polar Cycling	18:15 - 19:15 Intervall Cycling	17:45 - 18:45 WSG Spezial	18:15 - 19:15 Polar Cycling			
18:00 - 19:00 WSG Spezial	18:30 - 19:30 Zumba Dance	18:30 - 19:30 Intervall Cycling	18:45 - 20:00 bodyArt			
18:00 - 20:00 Tourenrad-Gruppe (...	20:00 - 21:30 Sunsalute Yoga	18:45 - 19:45 BBP	19:00 - 19:55 Zirkel-Fit			
19:00 - 20:00 BBP		20:00 - 21:00 Functional Workout	19:00 - 20:30 Nordic Walking			
19:05 - 19:50 Zirkel-Fit			20:00 - 21:00 WORLD JUMPING®			
20:00 - 21:00 Bodycross						

■ Ausdauer
 ■ Entspannung
 ■ Figur
 ■ Kraft

Stand: 21.07.2018