

Kursplan

18.11.2019 - 24.11.2019

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



Montag 18.11.2019	Dienstag 19.11.2019	Mittwoch 20.11.2019	Donnerstag 21.11.2019	Freitag 22.11.2019	Samstag 23.11.2019	Sonntag 24.11.2019
09:30 - 11:00 Einsteiger & Ü60 Yo...	08:55 - 09:55 Bodycross	09:30 - 10:15 Zirkel-Fit	09:30 - 10:30 Indoor Cycling	09:15 - 10:45 Sunsalute Yoga	10:30 - 11:20 World Jumping® & Pu...	09:45 - 11:00 Indoor Cycling
09:30 - 10:30 Zirkel-Fit	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	11:20 - 11:45 Tabata - Mix	09:45 - 10:45 WSG Spezial
17:45 - 18:45 Indoor Cycling	18:00 - 18:30 BMW	18:00 - 19:00 WSG Spezial	17:45 - 19:00 Sunsalute Yoga	18:15 - 19:15 Functional Workout		10:45 - 11:45 BBP
18:00 - 19:00 WSG Spezial	18:15 - 19:15 Intervall Cycling	18:30 - 19:30 Intervall Cycling	17:45 - 18:45 Indoor Cycling			
19:00 - 20:00 BBP	18:30 - 19:30 Langhantel Workout Tobi	19:00 - 20:00 BBP	18:15 - 19:00 Zirkel-Fit			
19:00 - 20:00 Indoor Cycling	20:00 - 21:30 Sunsalute Yoga	20:00 - 21:00 World Jumping® & Fu...	19:00 - 20:30 Nordic Walking			
19:05 - 20:05 Zirkel-Fit			19:05 - 20:05 Indoor Cycling			
20:00 - 21:00 Bodycross			19:10 - 19:50 mobility & Faszien			
			20:00 - 21:00 Functional Workout			

■ Ausdauer
 ■ Entspannung
 ■ Figur
 ■ Kraft

Stand: 20.11.2019