


Kursplan

19.04.2021 - 25.04.2021

INJOY Mülheim
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Montag 19.04.2021	Dienstag 20.04.2021	Mittwoch 21.04.2021	Donnerstag 22.04.2021	Freitag 23.04.2021	Samstag 24.04.2021	Sonntag 25.04.2021
08:15 - 09:00 Reha	09:00 - 10:00 Virtual Kurs Les Mi...	09:30 - 10:30 Pilates	11:00 - 12:00 Virtual Kurs Les Mi...	09:15 - 10:00 Reha	10:15 - 11:15 Virtual Kurs Les M...	10:15 - 11:15 Les Mills Body Bala...
09:15 - 10:00 Reha	10:30 - 11:30 Wirbelsäulen-Gymnas...	10:30 - 11:00 CORE Freestyle Soft...	12:15 - 13:00 Reha	10:00 - 10:45 Intervall-Mix	11:30 - 12:30 Les Mills Body Pump...	11:15 - 12:15 Zumba
10:00 - 11:00 Rücken-Fit	12:00 - 12:30 Virtual Kurs Les Mi...	11:15 - 12:15 Virtual Kurs Les Mi...	17:00 - 17:45 Kasy's Body Workout...	10:45 - 11:30 Reha	12:30 - 13:30 Les Mills Body Comb...	12:15 - 13:15 deepWork
11:30 - 12:15 Reha	15:00 - 15:45 Reha	16:30 - 17:15 Reha	17:15 - 18:00 Reha	11:45 - 13:15 Yoga	13:30 - 14:00 Virtual Kurs Les Mi...	
12:30 - 13:15 Reha	17:00 - 18:00 TRX	18:00 - 18:55 BOOST	18:00 - 19:00 Zumba	16:15 - 17:00 Reha		
16:30 - 18:00 Yoga	18:00 - 19:00 Rücken-Fit	19:00 - 19:45 Reha	18:10 - 19:00 TRX	17:30 - 18:10 Power-Fit		
18:00 - 19:00 Step-Fatburner	19:00 - 20:00 Les Mills Body Bala...	20:00 - 20:45 Reha	19:00 - 20:00 Les Mills Body Comb...	18:10 - 18:30 CORE Freestyle		
19:00 - 20:00 Les Mills Body Pump...	20:00 - 21:00 Indoor Cycling*		19:00 - 20:00 Pilates Stretching	18:30 - 19:30 Indoor Cycling*		
20:00 - 20:30 Six Pack			20:00 - 20:30 GRIT	20:15 - 21:00 Reha		
			20:00 - 20:30 CORE Freestyle			

-  Abnehmen
-  Ausdauer
-  Figur
-  Muskeln
-  Rücken
-  Vitalität

Stand: 22.04.2021