

# Kursplan

10.08.2020 - 16.08.2020

INJOY Fitness Kempten  
Mozartstraße 4  
87435 Kempten  
08 31 14 839  
info@injoy-kempten.de



Montag 10.08.2020	Dienstag 11.08.2020	Mittwoch 12.08.2020	Donnerstag 13.08.2020	Freitag 14.08.2020	Samstag 15.08.2020	Sonntag 16.08.2020
08:30 - 09:10 Wirbelsäule	08:30 - 09:10 Faszien-Stretch	08:30 - 09:10 Wirbelsäule	08:30 - 09:25 Pilates	08:30 - 09:10 Stretching	10:15 - 11:10 Body Balance	10:15 - 11:15 Body Pump
09:15 - 10:10 Fitness Workout	09:15 - 09:45 Koordinationszirkel...	09:15 - 10:10 Fitness Workout	09:30 - 10:25 Wirbelsäule Entspan...	09:00 - 10:00 Outdoor Balance (si...	11:15 - 12:05 LesMills SH'BAM	10:15 - 11:15 Sonntagsspecial ab ...
10:15 - 11:15 Spinning	09:15 - 10:10 Functional Workout ...	09:15 - 10:15 Spinning	17:30 - 18:25 Pilates meets Yoga	09:15 - 09:45 Koordinationszirkel...		11:20 - 12:20 Sonntag Special nac...
16:30 - 17:25 Faszien-Pilates	10:15 - 11:00 Spinning	10:15 - 11:10 Pilates meets Yoga	18:30 - 19:30 Body Pump	09:15 - 10:15 Body Pump		
17:30 - 18:25 Zumba	16:30 - 17:25 Flow Yoga	17:30 - 18:25 Functional Workout ...	18:45 - 19:45 Spinning	10:15 - 11:15 Spinning		
18:30 - 19:25 Body Balance	17:30 - 18:25 Fitness Workout	18:30 - 19:25 Fitness Workout	19:30 - 20:25 Body Balance	17:15 - 17:30 Body Pump Intro		
18:45 - 19:45 Spinning	18:30 - 19:30 Body Pump	18:45 - 19:45 Spinning		17:30 - 18:30 Body Pump		
19:30 - 20:30 Body Pump	19:30 - 20:25 Body Balance	19:30 - 20:25 Zumba		18:30 - 19:00 Body Balance EXPRES...		
				19:00 - 19:50 LesMills SH'BAM		

- Bodybalance
- Bodypump
- Faszien
- Koordinationszir...
- Pilates/Yoga
- Sh'bam
- Sonntag Special
- Spinning
- Step
- Stretching
- Wirbelsäule
- Workout
- Zumba

Stand: 10.08.2020