

Kursplan

20.05.2019 - 26.05.2019

InMotion Fitness and More
 Helmholtzstr. 16
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Montag 20.05.2019	Dienstag 21.05.2019	Mittwoch 22.05.2019	Donnerstag 23.05.2019	Freitag 24.05.2019	Samstag 25.05.2019	Sonntag 26.05.2019
09:15 - 10:00 RehaVitalisPus e.V....	09:15 - 10:00 RehaVitalisPus e.V....	09:30 - 10:00 Streching	09:15 - 10:00 RehaVitalisPus e.V....	09:15 - 10:00 RehaVitalisPus e.V....	10:30 - 11:30 PILOXING®	11:00 - 12:00 Power Yoga
10:00 - 11:00 Zumba®	10:00 - 11:00 Yoga	10:00 - 11:00 Pilates	10:00 - 11:00 Rücken Fit	10:00 - 10:45 RehaVitalisPus e.V....	11:30 - 12:00 Faszientraining	
17:00 - 18:00 Pilates	16:00 - 16:45 RehaVitalisPus e.V....	11:00 - 12:00 Workout Best Ager	17:30 - 18:30 Body Flows	11:00 - 12:00 Workout Best Ager	12:00 - 13:00 HOT IRON®	
18:00 - 19:00 Thai Bo	17:00 - 17:45 RehaVitalisPus e.V....	17:30 - 18:30 HOT IRON®	18:30 - 19:30 Zumba®	16:00 - 16:45 RehaVitalisPus e.V....		
19:00 - 19:30 Sixpack-Attack	18:00 - 19:00 Zumba®	18:30 - 19:30 PILOXING®	19:30 - 20:30 Strong Fit	16:45 - 17:30 RehaVitalisPus e.V....		
	19:00 - 20:00 Power Yoga	19:30 - 20:00 Sixpack-Attack		17:45 - 18:45 deepWORK® meets BAX...		
	20:00 - 20:45 Wirbelsäulengymnast...			18:45 - 19:45 bodyART® meets Insi...		

Balancekurse
 Cadiokurse
 Kräftigungskurse...
 Reha

Stand: 26.05.2019