

Kursplan

08.08.2022 - 14.08.2022

INJOY Papenburg
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Montag 08.08.2022	Dienstag 09.08.2022	Mittwoch 10.08.2022	Donnerstag 11.08.2022	Freitag 12.08.2022	Samstag 13.08.2022	Sonntag 14.08.2022
10:00 - 10:55 Indoor Cycling	09:00 - 09:55 Yoga	10:00 - 10:55 Step	09:30 - 10:25 Body Workout	09:00 - 09:55 deepWORK®	11:00 - 12:00 LesMills Bodypump® ...	11:00 - 11:55 LesMills Bodypump®
10:00 - 10:55 Body Workout	09:30 - 10:25 Nordic Walking	18:00 - 18:55 Body Workout	18:00 - 18:55 Indoor Cycling (nur...	10:00 - 10:55 LesMills Bodypump®	13:00 - 14:00 LesMills Bodybalanc...	
18:00 - 18:55 Ballance	10:00 - 10:55 Rückenfit	18:00 - 18:55 deepWORK®	18:00 - 18:55 LesMills Bodypump®	18:30 - 19:25 LesMills Bodypump®	15:00 - 16:00 LesMills Bodypump® ...	
18:00 - 18:55 LesMills LMI Step®	18:00 - 18:55 LesMills Bodybalanc...	19:00 - 19:55 Strong Nation	19:00 - 19:55 LesMills Bodybalanc...			
19:00 - 19:55 Indoor Cycling (nur...	19:00 - 19:55 Indoor Cycling (nur...	19:00 - 19:55 Pilates	20:00 - 20:55 Tacata			
19:00 - 19:55 Tacata	19:00 - 19:55 Tacata					
20:00 - 20:55 Body Art	20:00 - 20:55 LesMills Bodypump®					
20:00 - 20:55 Rückenfit						

■ Figur-/Muskeltra...
 ■ Herz-/Kreislauff...
 ■ Pilates, Yoga, E...
 ■ Rückentraining

Stand: 09.08.2022