

# Kursplan

16.04.2018 - 22.04.2018

INJOY Köln  
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Fühl Dich NEU  
**INJOY**  
 INTERNATIONAL SPORTS & WELLNESSCLUBS

Montag 16.04.2018	Dienstag 17.04.2018	Mittwoch 18.04.2018	Donnerstag 19.04.2018	Freitag 20.04.2018	Samstag 21.04.2018	Sonntag 22.04.2018
08:30 - 09:20 Rückenfit Klaus	09:30 - 10:00 LesMills CXWorx Nils Kietzer	08:30 - 09:00 Yoga-Morning Glory	09:30 - 11:00 Rückenfit Sylvia	09:30 - 10:15 Functional Medic Andreas	11:00 - 12:00 Taekwondo Kids 1	11:00 - 12:30 Sunday Special
09:30 - 10:20 Indoor Cycling Herbert	10:10 - 11:10 LesMills Bodypump Andreas	09:30 - 10:20 Indoor Cycling Edith	18:10 - 19:00 Shape Baba	09:30 - 10:20 Fasziengymnastik Melanie	12:00 - 13:00 Taekwondo Kids 2	
09:30 - 10:15 Functional Medic Klaus	10:10 - 11:10 LesMills Bodybalanc... Melanie	10:30 - 11:20 Workout Edith	19:00 - 19:45 Hip Hop I Taka	10:30 - 11:30 LesMills TONE	14:10 - 15:10 LesMills Bodypump Anne	
10:30 - 11:20 Pilates Klaus	17:15 - 18:00 LesMills TONE	17:00 - 18:00 LesMills Bodypump Andreas	19:10 - 20:10 LesMills Bodybalanc... Melanie	15:30 - 16:30 Hip Hop Kids I	15:15 - 16:15 LesMills Bodyattack... Anne	
17:00 - 17:25 Step I Tamica	17:30 - 18:10 Geführte Meditation...	17:00 - 18:00 INJOY Fitnessführer... Daniela	20:00 - 20:45 Hip Hop II Taka	16:30 - 17:30 Hip Hop Kids II		
17:10 - 18:00 Pilates Helen	18:00 - 19:00 INJOY Fitnessführer... Andreas	17:10 - 18:00 Fasziengymnastik Sandra	20:15 - 21:15 Yoga	17:15 - 18:00 Functional Athletic... Marcus		
17:30 - 18:00 LesMills CXWorx Nils Kietzer	18:10 - 18:40 LesMills CXWorx Tarsia	18:10 - 19:00 Step II Sandra		17:30 - 18:30 Hip Hop Kids III		
18:00 - 19:00 LesMills Bodypump Jule	18:15 - 19:00 Progressive Muskelr...	18:10 - 19:00 Indoor Cycling Manfred N.		18:10 - 19:00 Indoor Cycling Marcus		
18:10 - 19:10 Yoga Rebecca	18:45 - 19:45 LesMills Bodypump Pinar	18:15 - 19:00 Functional Athletic... Nils Hurst-Behrens		19:15 - 20:15 LesMills Bodypump Jule		
19:10 - 20:00 Rückenfit Jule	19:10 - 20:00 Indoor Cycling Martin	19:10 - 20:00 Pilates Sandra				
19:10 - 20:10 LesMills Bodybalanc... Helen		19:10 - 19:50 LesMills Bodyattack... Jule				

- Entspannung
- Les Mills
- Workout
- Hip Hop
- Präventionskurse...
- Yoga
- Indoor Cycling
- Rücken & Gelenke...
- Information
- Taekwondo

Stand: 20.04.2018

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<div style="background-color: #008000; color: white; padding: 5px; border-radius: 10px; margin-bottom: 5px;">           20:10 - 21:00            Indoor Cycling            VERTRETUNG: Herbert         </div> <div style="background-color: #0000FF; color: white; padding: 5px; border-radius: 10px;">           20:15 - 21:00            ZUMBA         </div>		<div style="background-color: #0000FF; color: white; padding: 5px; border-radius: 10px;">           20:15 - 20:35            BauchKilla Xpress         </div>				

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|---|---|---|---|
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black;"></span> Entspannung | <span style="display: inline-block; width: 15px; height: 15px; background-color: #FF00FF; border: 1px solid black;"></span> Hip Hop             | <span style="display: inline-block; width: 15px; height: 15px; background-color: #008000; border: 1px solid black;"></span> Indoor Cycling      | <span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black;"></span> Information |
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #8B0000; border: 1px solid black;"></span> Les Mills   | <span style="display: inline-block; width: 15px; height: 15px; background-color: #00FF00; border: 1px solid black;"></span> Präventionskurse... | <span style="display: inline-block; width: 15px; height: 15px; background-color: #8A2BE2; border: 1px solid black;"></span> Rücken & Gelenke... | <span style="display: inline-block; width: 15px; height: 15px; background-color: #333333; border: 1px solid black;"></span> Taekwondo   |
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #0000FF; border: 1px solid black;"></span> Workout     | <span style="display: inline-block; width: 15px; height: 15px; background-color: #FFFF00; border: 1px solid black;"></span> Yoga                |   |   |