

Kursplan

19.02.2018 - 25.02.2018

INJOY Köln
 Albin-Köbis-Straße 3
 51147 Köln
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Fühl Dich NEU
INJOY
 INTERNATIONAL SPORTS & WELLNESSCLUBS

Montag 19.02.2018	Dienstag 20.02.2018	Mittwoch 21.02.2018	Donnerstag 22.02.2018	Freitag 23.02.2018	Samstag 24.02.2018	Sonntag 25.02.2018
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 Bodyvive 3... Melanie	14:10 - 15:10 LesMills Bodypump Anne	
10:30 - 11:20 Pilates Klaus	17:15 - 18:00 LesMills Bodyvive 3... Tarsia	11:00 - 11:20 Cardio Xpress Daniela	19:10 - 20:10 LesMills Bodybalanc... Melanie	12:30 - 13:00 Yoga-Lunch	15:15 - 16:15 LesMills Bodyattack... Anne	
17:00 - 17:25 Step I Tamica	17:30 - 18:10 Geführte Meditation...	17:00 - 18:00 LesMills Bodypump Andreas	20:00 - 20:45 Hip Hop II Taka	15:30 - 16:30 Hip Hop Kids I		
17:10 - 18:00 Pilates Helen	18:00 - 19:00 INJOY Fitnessführer... Andreas	17:00 - 18:00 INJOY Fitnessführer... Daniela	20:15 - 21:15 Yoga	16:30 - 17:30 Hip Hop Kids II		
17:30 - 18:00 LesMills CXWorx Nils Kietzer	18:10 - 18:40 LesMills CXWorx Sandra	17:10 - 18:00 Fasziengymnastik Sandra		17:15 - 18:00 Functional Athletic... Marcus		
18:00 - 19:00 LesMills Bodypump Jule	18:15 - 19:00 Progressive Muskelr...	18:10 - 19:00 Step II Sandra		17:30 - 18:30 Hip Hop Kids III		
18:10 - 19:10 Yoga Rebecca	18:45 - 19:45 LesMills Bodypump Pinar	18:10 - 19:00 Indoor Cycling Manfred N.		18:10 - 19:00 Indoor Cycling Marcus		
19:10 - 20:00 Rückenfit Jule	19:10 - 20:00 Indoor Cycling Martin	18:15 - 19:00 Functional Athletic... Nils Hurst-Behrens		19:15 - 20:15 LesMills Bodypump Jule		
19:10 - 20:10 LesMills Bodybalanc... Helen		19:10 - 20:00 Pilates Sandra				

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

Stand: 22.02.2018

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<div data-bbox="114 375 369 454" style="background-color: #00b050; color: white; padding: 5px; border-radius: 10px;"> 20:10 - 21:00 Indoor Cycling VERTRETUNG: Herbert </div> <div data-bbox="114 462 369 534" style="background-color: #0056b3; color: white; padding: 5px; border-radius: 10px;"> 20:15 - 21:00 ZUMBA </div>		<div data-bbox="689 375 945 454" style="background-color: #800000; color: white; padding: 5px; border-radius: 10px;"> 19:10 - 19:50 LesMills Bodyattack... Jule </div> <div data-bbox="689 462 945 534" style="background-color: #0056b3; color: white; padding: 5px; border-radius: 10px;"> 20:15 - 20:35 BauchKilla Xpress </div>				

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