

Kursplan

11.12.2017 - 17.12.2017

INJOY Köln
 Albin-Köbis-Straße 3
 51147 Köln
 02203 67852
 info@injoy-koeln.de

Fühl Dich NEU
INJOY
INTERNATIONAL SPORTS & WELLNESSCLUBS

Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
08:30 - 09:20 Rückenfit	09:30 - 10:00 LesMills CXWorx	08:30 - 09:00 Yoga-Morning Glory	09:30 - 11:00 Rückenfit	09:30 - 10:15 Functional Medic	11:00 - 12:00 Taekwondo Kids 1	11:00 - 12:30 Sunday Special
09:30 - 10:20 Indoor Cycling	10:10 - 11:10 LesMills Bodypump	09:30 - 10:20 Indoor Cycling	18:10 - 19:00 Shape	09:30 - 10:20 Fasziengymnastik	12:00 - 13:00 Taekwondo Kids 2	
09:30 - 10:15 Functional Medic	10:10 - 11:10 LesMills Bodybalanc...	10:30 - 11:20 Workout	19:00 - 19:45 Hip Hop I	10:30 - 11:30 LesMills Bodyvive 3...	14:10 - 15:10 LesMills Bodypump	
10:30 - 11:20 Pilates	17:30 - 18:10 Geführte Meditation...	11:00 - 11:20 Cardio Xpress	19:10 - 20:10 LesMills Bodybalanc...	12:30 - 13:00 Yoga-Lunch	15:15 - 16:15 LesMills Bodyattack...	
17:00 - 17:25 Step I	18:00 - 19:00 INJOY Fitnessführer...	17:00 - 18:00 LesMills Bodypump	20:00 - 20:45 Hip Hop II	15:30 - 16:30 Hip Hop Kids I		
17:10 - 18:00 Pilates	18:15 - 19:00 Progressive Muskelr...	17:00 - 18:00 INJOY Fitnessführer...	20:15 - 21:15 Yoga	16:30 - 17:30 Hip Hop Kids II		
17:30 - 18:00 LesMills CXWorx	18:20 - 19:20 LesMills Bodyvive 3...	17:10 - 18:00 Fasziengymnastik		17:15 - 18:00 Functional Athletic...		
18:00 - 19:00 LesMills Bodypump	19:10 - 20:00 Indoor Cycling	18:10 - 19:00 Step II		17:30 - 18:30 Hip Hop Kids III		
18:10 - 19:10 Yoga	19:30 - 20:00 LesMills CXWorx	18:10 - 19:00 Indoor Cycling		18:10 - 19:00 Indoor Cycling		

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

Stand: 12.12.2017

Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
<div style="background-color: #9933cc; color: white; padding: 5px; margin-bottom: 5px;">19:10 - 20:00 Rückenfit</div> <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">19:10 - 20:10 LesMills Bodybalanc..</div> <div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">20:10 - 21:00 Indoor Cycling</div> <div style="background-color: #0000ff; color: white; padding: 5px;">20:15 - 21:00 ZUMBA</div>	<div style="background-color: #800000; color: white; padding: 5px;">20:10 - 21:10 LesMills Bodypump</div>	<div style="background-color: #0000ff; color: white; padding: 5px; margin-bottom: 5px;">18:15 - 19:00 Functional Athletic...</div> <div style="background-color: #9933cc; color: white; padding: 5px; margin-bottom: 5px;">19:10 - 20:00 Pilates</div> <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">19:10 - 19:50 LesMills Bodyattack...</div> <div style="background-color: #0000ff; color: white; padding: 5px;">20:15 - 20:35 BauchKilla Xpress</div>		<div style="background-color: #800000; color: white; padding: 5px;">19:15 - 20:15 LesMills Bodypump</div>		

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

Stand: 12.12.2017