

Kursplan INJOY Bünde

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 - 10.15 BBP		09.30 - 10.30 <small>LES MILLS</small> BODYPUMP	09.15 - 10.00 CYCLING	09.15 - 10.15 <small>LES MILLS</small> BODYPUMP		
10.20 - 10.40 BALLance		10.45 - 11.30 RÜCKENFIT			10.30 - 11.25 <small>LES MILLS</small> BODYBALANCE	
10.45 - 11.30 RÜCKENFIT					11.40 - 12.40 <small>LES MILLS</small> BODYPUMP	11.00 - 12.15 CYCLING
					12.55 - 13.55 <small>LES MILLS</small> BODYCOMBAT	
17.00 - 17.40 KURS SPECIAL <i>SIEHE AUSHANG</i>	17.30 - 18.00 BBP	17.30 - 18.00 <small>LES MILLS</small> GRIT STRENGTH	18.00 - 18.45 RÜCKENFIT	17.00 - 18.00 <small>LES MILLS</small> BODYJAM		
17.45 - 18.45 BOXPOWER	18.10 - 18.40 <small>LES MILLS</small> CXWORX	18.10 - 19.05 <small>LES MILLS</small> BODYBALANCE	18.50 - 19.10 BALLance	18.15 - 19.15 CYCLING		
19.00 - 19.45 CYCLING	18.55 - 20.00 CYCLING	19.15 - 20.00 <small>LES MILLS</small> BODYPUMP	19.20 - 19.50 <small>LES MILLS</small> CXWORX			
20.00 - 21.00 <small>LES MILLS</small> BODYPUMP	20.15 - 21.00 <small>LES MILLS</small> BODYCOMBAT	20.15 - 21.00 CYCLING	20.30 - 21.15 RÜCKENFIT			

gültig ab dem 01.04.2019