

Kursplan

17.02.2020 - 23.02.2020

INJOY Versmold
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Montag 17.02.2020	Dienstag 18.02.2020	Mittwoch 19.02.2020	Donnerstag 20.02.2020	Freitag 21.02.2020	Samstag 22.02.2020	Sonntag 23.02.2020
09:00 - 09:30 TRX 50+	10:00 - 10:45 Reha	09:30 - 10:15 Fitness-Zirkel	16:45 - 17:30 Reha	09:00 - 10:00 Yoga		
09:15 - 10:00 Reha	17:45 - 18:30 Reha	10:30 - 11:15 Reha	17:30 - 18:15 BOP	10:00 - 10:45 Reha		
09:30 - 10:00 Faszientraining	18:30 - 19:15 BOP	17:30 - 18:00 HWS / Schulter	18:15 - 19:00 Reha	10:45 - 11:30 Reha		
10:00 - 11:00 Reha/Rückenschule	19:15 - 19:45 TRX	18:00 - 18:30 Hüfte / Knie	19:00 - 19:45 Pilates	16:45 - 17:30 Reha		
17:15 - 18:00 Reha	19:15 - 20:00 Reha	18:30 - 19:15 Reha		17:30 - 18:15 Reha		
18:00 - 19:00 Reha/Rückenschule	20:00 - 20:45 Reha	18:30 - 19:15 Functional Training...		18:30 - 19:15 Zumba		
19:00 - 20:00 Zumba		19:30 - 20:30 Yoga				
19:00 - 20:00 Cycling						

- BOP
- Cycling
- Faszientraining
- Fitness-Zirkel
- Functional Train...
- HWS / Schulter
- Hüfte / Knie
- Pilates
- Reha-Sport
- TRX
- Yoga
- Zumba

Stand: 23.02.2020