

# Kursplan

26.10.2020 - 01.11.2020

INJOY Cloppenburg  
Emsteker Straße 30  
49661 Cloppenburg



04474-94 77 38  
g.tapken@injoy-cloppenburg.de

Montag 26.10.2020	Dienstag 27.10.2020	Mittwoch 28.10.2020	Donnerstag 29.10.2020	Freitag 30.10.2020	Samstag 31.10.2020	Sonntag 01.11.2020
08:30 - 09:30 Rücken-Yoga	09:00 - 10:30 Yoga	09:30 - 10:45 Rundum Fit	08:15 - 09:15 AOK	09:00 - 09:45 Bodypump		10:00 - 11:00 Bodypump
09:30 - 10:45 Rundum Fit	18:00 - 19:00 Bauch, Beine, Po	18:00 - 18:45 Bodyfit	08:15 - 09:00 Reha	10:00 - 11:15 Rundum Fit		11:15 - 12:15 Bodybalance
15:15 - 16:00 Reha Kids	18:30 - 19:30 Indoor Cycling	19:00 - 20:00 Bodypump	09:15 - 10:15 Pilates	16:00 - 17:00 Tabata		
18:00 - 18:30 Bauch Express	19:00 - 19:30 Bauch Express	19:00 - 20:00 Indoor Cycling	17:15 - 18:00 Reha	17:00 - 17:45 Reha		
18:30 - 19:30 Hot Iron		20:15 - 21:00 Reha	18:00 - 19:00 Zumba	18:00 - 19:30 Yoga		
19:00 - 20:00 Indoor Cycling			19:00 - 20:00 Tabata			
19:30 - 20:30 Pilates			19:00 - 20:00 Indoor Cycling			

- Figur
- Geschlossener Ku...
- Gesundheit
- Herz-Kreislauf
- Reha

Stand: 27.10.2020