

# Kursplan

02.08.2021 - 08.08.2021

INJOY Ratingen  
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| Montag 02.08.2021                       | Dienstag 03.08.2021                     | Mittwoch 04.08.2021                | Donnerstag 05.08.2021                   | Freitag 06.08.2021                      | Samstag 07.08.2021              | Sonntag 08.08.2021                      |
|---|---|------------------------------------|---|---|---------------------------------|---|
| 10:30 - 11:20<br>Body & Mind            | 09:30 - 11:00<br>Yoga                   | 09:30 - 10:55<br>Yoga              | 10:00 - 11:00<br>Indoor Cycling         | 09:30 - 10:25<br>Ganzkörperworkout      | 09:30 - 11:00<br>Yoga           | 10:30 - 11:30<br>LesMills Bodypump      |
| 11:30 - 12:25<br>Wirbelsäulengymnast... | 18:00 - 18:50<br>Wirbelsäulengymnast... | 11:05 - 11:25<br>Fatburner         | 10:00 - 11:00<br>LesMills Bodypump      | 10:35 - 11:30<br>Stretch & Mobility     | 11:00 - 12:00<br>Indoor Cycling | 11:40 - 12:40<br>LesMills BodyBalanc... |
| 18:30 - 19:30<br>Jumping Fitness        | 19:00 - 19:30<br>LesMills Core          | 11:35 - 12:30<br>Pilates           | 11:10 - 11:55<br>LesMills Core          | 16:15 - 17:15<br>LesMills BodyBalanc... |                                 | 17:00 - 18:30<br>Fitness Fighting       |
| 19:15 - 20:15<br>Indoor Cycling         | 19:40 - 20:40<br>LesMills Bodypump      | 18:00 - 18:45<br>LesMills Bodypump | 17:05 - 17:50<br>Step                   | 17:30 - 18:30<br>LesMills Bodypump      |                                 |   |
| 19:40 - 20:10<br>LesMills Core          |   | 18:55 - 19:55<br>Jumping Fitness   | 17:30 - 19:00<br>Yoga                   | 18:45 - 19:45<br>Indoor Cycling         |                                 |   |
|   |   | 19:00 - 20:00<br>Indoor Cycling    | 18:00 - 18:45<br>Wirbelsäulengymnast... |   |                                 |   |
|   |   | 20:00 - 21:30<br>Fitness Fighting  | 19:10 - 19:55<br>LesMills Core          |   |                                 |   |
|   |   |                                    | 20:00 - 21:00<br>Jumping Fitness        |   |                                 |   |

■ Entspannung
 ■ Figur- und Muske...
 ■ Reinigung
 ■ Rücken und Gelen...

Stand: 04.08.2021