

# Kursplan

02.08.2021 - 08.08.2021

INJOY Braunschweig  
Daimlerstr. 6  
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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
09:00 - 09:45 BODYPUMP	09:30 - 10:25 Rückenfit	09:00 - 10:00 BODYPUMP	09:30 - 10:25 Rückenfit	10:00 - 11:00 BODYBALANCE		10:00 - 11:00 BBP
10:00 - 11:15 Yoga	10:30 - 11:00 Stretch & Relax	11:00 - 11:45 Fit for Life	10:30 - 11:00 Stretch & Relax	14:00 - 15:00 BODYPUMP		11:00 - 12:00 BODYBALANCE
17:00 - 17:45 Jamfya	16:30 - 17:15 BBP	16:45 - 17:45 Rückenfit	17:00 - 17:45 BODYWORKOUT	15:05 - 15:35 Les Mills Core		17:00 - 18:00 BODYPUMP
18:00 - 18:45 BODYPUMP	17:30 - 18:15 BODYATTACK	18:00 - 18:45 BODYPUMP	18:00 - 19:00 BODYCOMBAT	15:45 - 17:00 Yoga		
19:00 - 20:00 Cycle	18:30 - 19:30 BODYBALANCE	19:00 - 20:00 Cycle	19:00 - 20:00 Jamfya	17:15 - 18:15 BODYATTACK		
	19:30 - 20:45 Yoga			18:30 - 19:30 Cycle		

-  BBP & BODYWORKOU...
-  BODYATTACK
-  BODYBALANCE
-  BODYCOMBAT
-  BODYPUMP
-  CYCLE
-  FIT FOR LIFE
-  JAMFYA
-  LES MILLS CORE
-  RÜCKENFIT
-  SPECIAL
-  STRETCH 6 RELAX
-  YOGA

Stand: 02.08.2021