

Kursplan

23.11.2020 - 29.11.2020

INJOY Dresden-Loschwitz
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Montag 23.11.2020	Dienstag 24.11.2020	Mittwoch 25.11.2020	Donnerstag 26.11.2020	Freitag 27.11.2020	Samstag 28.11.2020	Sonntag 29.11.2020
<div data-bbox="107 371 369 448">10:00 - 11:00 Pilates</div> <div data-bbox="107 459 369 536">11:15 - 12:15 Pilates</div> <div data-bbox="107 547 369 624">17:30 - 18:15 Langhantelworkout</div> <div data-bbox="107 635 369 711">18:30 - 19:15 Power Yoga</div> <div data-bbox="107 722 369 799">19:30 - 20:30 Zumba®</div>	<div data-bbox="398 371 660 448">10:00 - 11:00 Fit in den Morgen</div> <div data-bbox="398 459 660 536">13:00 - 14:00 Zirkeltraining Rü...</div> <div data-bbox="398 547 660 624">17:30 - 18:00 Funktionelles Train...</div> <div data-bbox="398 635 660 711">18:30 - 19:15 Bauch Beine Po</div> <div data-bbox="398 722 660 799">19:30 - 20:15 Bauch Beine Po</div>	<div data-bbox="689 371 952 448">10:00 - 11:00 TRX Kurs</div> <div data-bbox="689 459 952 536">11:15 - 12:15 Orientalischer Tanz...</div> <div data-bbox="689 547 952 624">12:30 - 13:30 Zirkeltraining Ga...</div> <div data-bbox="689 635 952 711">17:00 - 18:15 Step Power Langha...</div> <div data-bbox="689 722 952 799">18:30 - 19:45 Step Power BBP</div> <div data-bbox="689 810 952 887">20:00 - 21:00 Indoorcycle</div>	<div data-bbox="981 371 1243 448">10:00 - 11:00 Der perfekte Tagess...</div> <div data-bbox="981 459 1243 536">12:30 - 13:30 Zirkeltraining Ga...</div> <div data-bbox="981 547 1243 624">14:00 - 14:45 TRX Kurs</div> <div data-bbox="981 635 1243 711">17:30 - 18:15 Funktioneller Beweg...</div> <div data-bbox="981 722 1243 799">18:30 - 19:00 TRX Kurs Function...</div> <div data-bbox="981 810 1243 887">20:15 - 21:30 Yoga</div>	<div data-bbox="1272 371 1534 448">09:30 - 10:30 Smovey</div> <div data-bbox="1272 459 1534 536">18:00 - 18:45 Wirbelsäule Pilat...</div> <div data-bbox="1272 547 1534 624">19:00 - 19:45 Wirbelsäule / Pilat...</div>		

- Herz- / Kreislau...
- Kraft- / Muskelt...
- Rückentraining
- Yoga | Pilates |...
- mit Kinderbetreu...

Stand: 28.11.2020