

# Kursplan

19.04.2021 - 25.04.2021

INJOY Alpen  
Burgstraße 70  
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| Montag 19.04.2021                       | Dienstag 20.04.2021                     | Mittwoch 21.04.2021                     | Donnerstag 22.04.2021          | Freitag 23.04.2021              | Samstag 24.04.2021 | Sonntag 25.04.2021                      |
|---|---|---|--------------------------------|---------------------------------|--------------------|---|
| 09:30 - 10:15<br>Fit & Mobil            | 09:15 - 10:00<br>Fit & Mobil 1          | 09:30 - 10:15<br>Wirbelsäulengymnast... | 09:15 - 10:00<br>Fit & Mobil 1 | 09:30 - 10:15<br>Fit & Mobil    |                    | 11:00 - 12:00<br>Spinning               |
| 10:00 - 10:45<br>Reha-Sport 1 & Pila... | 10:00 - 10:45<br>Fit & Mobil            | 09:30 - 10:15<br>Fit & Mobil            | 10:30 - 11:15<br>Fit & Mobil 1 | 10:00 - 10:45<br>Pilates*       |                    | 12:00 - 13:00<br>Kickboxen - Selbstv... |
| 10:30 - 11:15<br>Pilates 2              | 10:15 - 11:00<br>Reha-Sport 1 & Pila... | 10:20 - 11:05<br>Wirbelsäulengymnast... | 11:00 - 11:45<br>Fit & Mobil 1 | 16:30 - 17:30<br>Stopp Mobbing  |                    |   |
| 11:00 - 11:45<br>Pilates*               | 11:00 - 11:45<br>Fit & Mobil 1          | 10:30 - 11:30<br>Fit & Mobil 1          | 17:15 - 18:00<br>Reha-Sport    | 17:00 - 17:45<br>Fit & Mobil    |                    |   |
| 17:00 - 17:45<br>Pilates 2              | 17:00 - 17:45<br>Reha - Kids            | 16:30 - 17:15<br>Reha-Sport             | 17:30 - 18:30<br>Yoga*         | 18:00 - 19:00<br>World Jumping* |                    |   |
| 18:00 - 19:00<br>Fa. - Spinning         | 17:30 - 18:30<br>World Jumping*         | 18:00 - 19:00<br>FunBox im Freien (w... | 18:15 - 19:15<br>Bodyforming   | 18:00 - 19:00<br>Yoga           |                    |   |
| 19:00 - 20:00<br>Spinning*              | 17:45 - 18:30<br>Fit & Mobil 2          | 18:00 - 19:00<br>Fa. - Spinning         | 18:30 - 19:15<br>Fit & Mobil 2 |                                 |                    |   |
| 20:00 - 20:45<br>Fit & Stark            | 18:30 - 19:30<br>Bauch weg              | 19:00 - 19:45<br>Rückenfit              | 19:15 - 20:15<br>Bauch weg.    |                                 |                    |   |
| 20:10 - 21:10<br>World Jumping*         | 19:00 - 19:45<br>Reha-Sport 1 & Pila... | 19:00 - 20:00<br>Active - Power         | 19:30 - 20:30<br>Bike - Burner |                                 |                    |   |
|   | 19:15 - 20:15<br>Spinning               | 20:00 - 21:00<br>Spinning*              |                                |                                 |                    |   |
|   | 20:00 - 20:45<br>Reha-Sport 1 & Pila... | 20:00 - 20:45<br>Fit & Stark            |                                |                                 |                    |   |

■ Herz-Kreislauftr... 
 ■ Kraft-/ Muskeltr... 
 ■ Rückentraining 
 ■ Yoga, Pilates, Q...

Stand: 23.04.2021