



# Kursplan Die Insel

Gültig ab: September 2017

Mo		Di		Mi		Do		Fr		Sa		So	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	8.15 - 9.30 Wake Up Yoga	8.45 - 9.15 CX Worx											
9.30-10.45 Body Pump	9.45 -11.15 Step I & Style	9.30-10.30 Zumba	9.15 -10.15 Cycle WELL Rücken	9.30-10.30 Step I-II	9.15 -10.30 Power Race Cycling	9.15-10.30 Pilates	9.45-10.30 Qi Gong	9.30-10.30 Step II					
		10.45-12.00 Yoga	10.30-11.30 Body Styling	10.30-11.45 Body Pump		10.30-11.30 Zumba	11.00-12.00 Reha-Sport II, Rezept!	10.30-11.30 Rücken & Stretch		10.30-11.45 Body Pump	10.00-11.30 Yoga	10.30-11.30 Body Styling	9.45-11.00 Functional Power
										11.45-13.00 Body Combat Special		11.30-12.30 Cantienica Power- Programm	11.00-12.30 Fit-Box II
										13.00-13.30 CX Worx			
										13.30-14.30 Body Jam			
	15.00-16.00 Reha-Sport II,Rezept!				16.15-17.00 Simply Stretch					16.30-17.00 CX Worx			
16.30-17.30 Simply Stretch	16.30-17.00 CX Worx 17.00-17.30 BodyAttack	17.00-18.00 Pilates		17.15-18.15 Zumba	17.00-18.00 Rücken & Stretch	17.00-18.00 BBP	16.45-17.45 Karate Anfänger/ Fortgeschr.	17.00-18.00 Step I	17.00-18.00 Body Balance			17.00-18.15 Body Pump	17.00-18.15 Yoga
17.30-18.45 Body Pump	17.45-19.00 Step III	18.00-19.00 Body Jam	17.45-19.00 Power Race Cycling	18.15-19.15 Body Combat	18.00-19.00 Deep Work	18.00-19.00 Zumba	18.00-19.00 Body Attack	18.00-19.15 Body Pump	18.00-19.15 Functional Power			18.15-19.15 Body Combat	18.30-19.00 EasyRider Cycling
18.45-19.45 Body Combat	19.00-20.00 Body Balance	19.00-20.00 Dance Aerobic		19.15-20.30 Body Pump	19.00-20.15 Indoor Rowing	19.00-20.15 Yoga	19.00-19.30 CX Worx	19.30-20.30 Zumba	19.15-20.30 EasyRider Cycling				19.00-20.15 Power Race Cycling
		20.00-21.15 Yoga	20.15-21.15 Karate Erwachsene Alle Stufen			20.15 - 21.15 Karate Erwachsene Alle Stufen	19.30-20.45 Fit-Box I						

**BITTE BEACHTEN !:** für die Kurse Cycling und Indoor Rowing bitte 30 min. vor Kursbeginn in die Teilnehmerlisten an der Theke eintragen.

**DIE INSEL**  
FITNESS WELLNESS CLUB

BEAUTY & VITAL LOUNGE

... im Donau-Einkaufszentrum

Tel. 0941-297860

www.insel-regensburg.de

Öffnungszeiten: Montag - Freitag 7.30 - 22.30 Uhr  
Sa, So, u. Feiertage 9.00 - 21.00 Uhr

Die Insel Fitness und Wellness GmbH  
Weichser Weg 5 • 93059 Regensburg

von Krankenkassen bezuschusster Kurs!