



Kursplan Die Insel

Gültig ab: Januar 2018

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		9.45 -10.15 Grit (Zusatzabo)			
		10.45 -12.00 Yoga	10.30 -11.30 Body Styling	10.30 -11.45 Body Pump	10.30 -11.30 Rücken & Stretch	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			16.00 -16.30 Grit (Zusatzabo)	16.30 -17.00 CX Worx				15.45 -17.00 Yoga
16.30 -17.30 Simply Stretch	16.30 -17.00 CX Worx 17.00 -17.30 Body Attack	17.00 -18.00 Pilates	17.15 -18.30 Power Race Cycling	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 -18.00 Step II nach Aushang	16.45 -18.00 Indoor Rowing	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	18.30 -19.45 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	18.00 -19.00 Stretch & Rücken	18.00 -19.15 Power Race Cycling	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	19.45 -20.15 Grit (Zusatzabo)	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 Easy Rider Cycling	20.00 -21.15 Yoga	20.15 -21.15 Karate Erwachsene Alle Stufen	20.30 -21.00 Grit (Zusatzabo)		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
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