



Kursplan Die Insel

Gültig ab: Oktober 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) | | 9.30-10.30 Cantienica Power- Programm | |
| | | 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 lt. 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 Aero Fun nach Aushang | 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 lt. Rezept | | | 16.30 -17.15 Simply Stretch | | | | 16.00-16.30 Grit (Zusatzabo) | 16.30-17.30 Body Balance | | | | 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 | 17.15-17.45 Grit (Zusatzabo) | 17.15 -18.15 Rücken & Stretch | | 17.00-18.00 BBP | 16.45-17.45 Karate Anfänger/ Fortgeschr. | 17.00-18.00 Step I | 17.30-18.00 CX Worx | | 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 | 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 | | 18.00-19.00 Stretch & Rücken | 18.00-19.15 Power Race Cycling | 18.15 -19.15 Body Combat | |
| 18.45 -19.45 Body Combat | 19.00-20.00 Body Balance | 19.00-20.00 Zumba | 19.00-20.15 Power Race Cycling | 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 | | | | |
| | 20.00-21.15 EasyRider 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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