

KURSPLAN

ab 12.09.2011

Änderungen vorbehalten. Stunden finden ab einer Teilnehmerzahl von 5 Personen statt.

Öffnungszeiten:

Montag bis Freitag: 05.45 - 22.00 Uhr

Samstag, Sonntag und Feiertag: 09.00 - 20.00 Uhr

| | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | | Sonntag | |
|-------|----------------------------------|-----------------------------|------------------------|---------------------------|---------------------|----------------------------|----------------------------|--------------------------|-------------------------|---------------------------|---------|--------|---------|--------|
| | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 |
| 6.00 | | | | | | | | | | | | | | |
| 6.30 | | | | | | | | | | | | | | |
| 7.00 | | | | | | | | | | | | | | |
| 7.30 | | | | | | | | | | | | | | |
| 8.00 | | 7.45 Group Cycling Jürgen J | | | | | | | | | | | | |
| 8.30 | | | | | | | | | | | | | | |
| 9.00 | | | | | | | | | | | | | | |
| 9.30 | Wirbel X Krista J | | Fitness-Boxen Petra J | Body Art/Stretching Bea J | MFT Rückenfit Tom J | | Gesunder Rücken Eleonore J | | Winter Fit Injoy-Team J | | | | | |
| 10.00 | | | | | | | | | | | | | | |
| 10.30 | | | | | | | | | | | | | | |
| 11.00 | | | | | | | | | | | | | | |
| 11.30 | | | | | | | | | | | | | | |
| 16.00 | | | | | | | | | | | | | | |
| 16.30 | | | | | | | | | | | | | | |
| 17.00 | | | | | | | | | | | | | | |
| 17.30 | | | | | | | | | | | | | | |
| 18.00 | Fatburner/Anti-cellulite Heidi J | Power Pump Uwe J | | Dance Fatburner Sonja M | BBP Injoy-Team J | Group Cycling Franz J | | Power Pump Special Uwe M | Fitness Boxen Petra J | Wirbel X Mona J | | | | |
| 18.30 | | | | | | | | | | | | | | |
| 19.00 | | | | | | | | | | | | | | |
| 19.30 | GYM Stick Tom J | Group Cycling Daniel J | | BBP Heidi J | Zumba Sieret J 😊 | Group Cycling Franz J | Easy Step Melinda J | BMW Uwe J | | Body Art/Stretching Bea J | | | | |
| 20.00 | | Group Cycling Daniel J | Fitness-Boxen Martin J | | Zumba Verena J 😊 | MFT Rücken/Jacobsen Elke J | Toning Melinda J | Group Cycling Jürgen J | | | | | | |
| 20.30 | | | | | | | | | | | | | | |

Total Body Workout
Meli/Heidi J

ab 4. November
Long Distance Group Cycling
Franz J

ab 4. November
Power Pump Injoy-Team J

Laufende Kurse wie
Fila Kick Power,
Salsa, Jazz,
Qi Gong, Tanz ...
siehe Aushang u. Homepage

J Jedermann
M Mittelstufe
😊 bring a friend
(exclusiv einmalig auch für Gäste um € 10)



Kinderbetreuung:
Montag - Donnerstag: 16.30 - 19.30 Uhr
Di, Mi, u. Do: 08.30 - 11.00 Uhr

Triesterstraße 391
8055 Graz
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www.injoy-fitness.at



www.carmen-edition.com