

Kursplan

03.05.2021 - 09.05.2021

TC Training Center
Kleinbahnstrasse 32
47906 Kempen
02152 - 510202
hallo@tc-kempen.de



Montag 03.05.2021	Dienstag 04.05.2021	Mittwoch 05.05.2021	Donnerstag 06.05.2021	Freitag 07.05.2021	Samstag 08.05.2021	Sonntag 09.05.2021
07:00 - 07:30 ZaZen - Meditation	09:30 - 10:30 Spinning	10:00 - 10:50 Workout	09:30 - 10:30 Spinning	09:00 - 10:00 Les Mills Bodybalan...	09:30 - 11:00 Yoga	10:00 - 11:30 Spinning
09:00 - 09:45 Rücken	10:00 - 11:30 Yoga	17:30 - 18:00 Bauch	11:00 - 11:45 Zumba	17:30 - 18:20 Fascial Training		10:00 - 10:30 Les Mills Core / CX...
09:50 - 10:35 Pilates	18:00 - 18:50 Rücken	18:00 - 18:50 Workout	18:00 - 18:50 Rücken	18:00 - 21:00 Spinning		10:30 - 11:00 Leg-Boo
18:00 - 18:25 Powerbauch	18:00 - 22:00 Spinning	18:00 - 22:00 Spinning	18:00 - 22:00 Spinning	18:30 - 19:20 Workout		11:00 - 12:00 Les Mills Bodybalan...
18:00 - 22:00 Spinning	19:00 - 19:45 Workout	19:00 - 19:30 B.O.P.	19:00 - 19:50 Workout			
18:30 - 19:10 Deep Work		19:30 - 20:30 Les Mills Bodypump	20:00 - 21:30 Yoga			
19:20 - 20:05 Pilates Elements		20:00 - 21:00 Stilles Yoga				
20:00 - 21:00 Les Mills Bodypump		21:15 - 21:45 ZaZen - Meditation				

- Balance & Stretc...
- Kraftausdauer
- Rücken & Gelenke...
- Entspannung
- Les Mills Bodypu...
- Figur- & Muskelt...
- Les Mills Bodyba...
- Herz- Kreislauf ...
- Les Mills CXWorx...

Stand: 09.05.2021