

KURSPLAN

Gültig ab: Januar 2025



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
	8.30 - 9.30 Body Balance	9.00 - 9.30 LM Core	7.30 - 10.30 On Demand		7.30 - 9.00 On Demand		9.00 - 9.30 LM Core		7.30 - 9.00 On Demand				
9.30 - 10.45 Body Pump	9.30 - 10.00 Body Attack	9.30 - 10.30 Body Balance		9.15 - 10.15 Step I-II	9.15 - 10.30 Power Race Cycling	9.30 - 10.30 Zumba		9.15 - 10.15 Step I-II					
10.45 - 11.15 Faszien Training	10.30 - 11.30 Pilates Herbst/Winter	10.30 - 11.30 Mobility & Stretch		10.30 - 11.45 Body Pump	10.30 - 11.30 Rücken & Stretch	10.45 - 12.00 Yoga		10.30 - 11.30 Rücken & Stretch		10.30 - 11.45 Body Pump	10.00 - 11.30 Yoga	9.45 - 11.00 Functional Power	9.45 - 10.45 Body Balance
	10.45 - 14.30 On Demand		11.30 - 15.00 On Demand				11.30 - 15.00 On Demand		11.45 - 12.30 On Demand	11.45 - 13.00 Body Combat	12.00 - 18.00 On Demand		11.00 - 12.30 Fit-Box II
BITTE BEACHTEN ! Für Cycling, Rowing, TRX, Bauchexpress/Fläche bitte am selben Tag über die App anmelden!													
	15.00 - 15.45 Reha-Sport II. Rezept				12.30 - 17.00 On Demand		15.00 - 15.45 Karate Mini		14.00 - 15.00 Reha-Sport II. Rezept	13.00 - 13.30 LM Core			13.00 - 16.45 On Demand
			16.00 - 17.00 On Demand	16.30 - 17.30 Mobility & Stretch			16.00 - 16.50 Karate Little	16.30 - 17.00 Grit	16.00 - 17.00 Mobility & Stretch	16.30 - 17.30 Stretch & Roll			
16.30 - 17.30 Cantienica	16.30 - 17.00 LM Core 17.00 - 17.30 Body Attack	17.00 - 18.00 Pilates	17.15 - 17.45 Grit	17.30 - 18.30 Rücken & Stretch		17.00 - 18.00 BBP	17.00 - 17.55 Karate Teen/Erwachsene	17.00 - 18.00 Workout 360	17.00 - 18.00 Body Balance		17.45 - 18.45 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 - 19.15 Yoga	18.00 - 19.15 Power Race Cycling	18.30 - 19.30 Body Combat	18.30 - 19.45 EasyRider Cycling	18.00 - 19.00 Zumba	18.00 - 19.00 Body Attack	18.00 - 19.15 Body Pump	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	19.15 - 20.15 Latino Dance	19.30 - 20.30 Karate Erwachsene Alle Stufen	19.30 - 20.45 Body Pump		19.00 - 20.15 Yoga	19.00 - 19.30 LM Core		19.15 - 20.00 LM Core 45		19.00 - 20.30 On Demand		
19.45 - 20.15 Grit	20.10 - 20.55 RPM Cycling						19.30 - 20.30 Karate Erwachsene Alle Stufen						

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

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

Tel. 0941-297860
www.insel-regensburg.de