

# Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30-08:50 <b>BodyVital I</b>	08:30-09:00 <b>Funktionstraining</b>	08:00-09:00 <b>On Demand*</b>	08:00-10:00 <b>On Demand*</b>	08:45-09:15 <b>Funktionstraining</b>		
	09:00-10:00 <b>Zumba</b>	09:00-09:45 <b>Rehasport</b>		09:20-09:50 <b>Funktionstraining</b>		
10:00-10:45 <b>Rehasport</b>	10:15-10:45 <b>Funktionstraining</b>	10:00-11:00 <b>Yoga I</b>	10:00-10:30 <b>Pilates I</b>			10:00-11:00 <b>Yoga 2</b>
11:00-11:45 <b>Pilates I</b>	10:45-11:30 <b>Rehasport</b>	11:00-11:30 <b>FatAttack 6</b>	11:00-11:30 <b>BauchBeinePo 2</b>	11:00-11:30 <b>Basic Stretching I &amp; 2</b>		11:00-12:00 <b>CyberPump 6</b>
12:00-16:00 <b>On Demand*</b>	12:00-16:00 <b>On Demand*</b>	12:00-16:00 <b>On Demand*</b>	12:00-12:50 <b>Mama Fitness I</b>	12:00-16:00 <b>On Demand*</b>		12:00-14:00 <b>On Demand*</b>
			13:00-16:00 <b>On Demand*</b>		14:00-15:00 <b>Cyber Jumping basic 0</b>	
16:00-16:30 <b>KamiBo I</b>	16:00-16:30 <b>FatAttack 3</b>	16:00-16:30 <b>CoreWork 2</b>	16:00-16:30 <b>TotalBodyWorkout I</b>	16:00-17:00 <b>Live Step I</b>	15:00-16:00 <b>On Demand*</b>	
17:00-18:00 <b>X-Letics</b>	17:00-18:00 <b>CyberPump 5</b>	17:30-18:00 <b>Funktionstraining</b>	17:00-17:45 <b>Rehasport</b>	17:30-18:30 <b>Yoga</b>	16:00-16:50 <b>TotalBodyWorkout</b>	
18:00-19:00 <b>Bodyforming</b>	18:00-18:45 <b>Tabata</b>	18:00-19:00 <b>Step-Aerobic Bauch-Beine-Po</b>	18:00-18:45 <b>Jumping Fitness</b>	18:30-19:30 <b>Fatburner &amp; Bauch Beine Po</b>	17:00-18:00 <b>On Demand*</b>	
19:15-20:00 <b>Rehasport</b>	19:00-20:00 <b>Yoga</b>	19:15-20:00 <b>Dance 2 Basic</b>	19:30-20:00 <b>Funktionstraining</b>			
20:15-20:45 <b>Funktionstraining</b>	20:00-20:45 <b>Rehasport</b>		20:00-21:00 <b>On Demand*</b>	20:00-21:00 <b>On Demand*</b>		

Anmelden unter: <https://invivo-hoya.de/kursplan/> oder QR Code scannen



■ = virtuelle Kurse  
\*freie Kurswahl

Änderungen vorbehalten

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