

# Kursplan

18.01.2021 - 24.01.2021

AKTIVITA  
Karl-Schiller-Str. 3a  
86551 Aichach  
08251-6962  
info@aktivita-aichach.de

Montag 18.01.2021	Dienstag 19.01.2021	Mittwoch 20.01.2021	Donnerstag 21.01.2021	Freitag 22.01.2021	Samstag 23.01.2021	Sonntag 24.01.2021
09:00 - 09:45 Tabata Cardio	09:00 - 09:45 Reha Sport*	09:00 - 09:45 LES MILLS bodypump	09:00 - 09:45 Reha Sport*	09:00 - 09:45 TRX®	09:35 - 10:00 Core Vision	09:35 - 10:00 Core Vision
09:00 - 09:45 Reha Sport*	09:00 - 09:55 Rückenfit	09:00 - 09:45 Body Workout	09:00 - 09:55 Rückenfit	09:00 - 09:45 Jumping	10:05 - 10:55 Power Vision	10:00 - 11:15 Spinning WAKE UP
09:00 - 09:45 Cardio & Style	09:00 - 09:45 Reha Sport*	09:00 - 09:45 XBEAT Group EMS	09:00 - 09:45 Reha Sport*	09:00 - 09:45 TRX®	11:00 - 11:50 Dance Vision	10:05 - 10:55 Power Vision
09:00 - 09:45 Pilates	09:00 - 09:30 XBEAT Group EMS	10:00 - 10:45 Jumping	09:00 - 09:30 XBEAT Group EMS	10:00 - 10:45 Pilates	14:00 - 14:50 Power Vision	11:00 - 11:50 Dance Vision
09:00 - 09:45 XBEAT Group EMS	09:00 - 09:45 Reha Sport	10:00 - 10:45 Yoga POWER	09:00 - 09:45 Reha Sport	10:00 - 10:45 Yoga HATHA	14:00 - 14:45 Body Workout	14:00 - 14:50 Power Vision
09:00 - 09:45 Tabata Cardio	09:00 - 09:45 Reha Sport	10:00 - 10:30 XBEAT Group EMS	09:00 - 09:45 Reha Sport	11:00 - 11:50 Power Vision	15:00 - 15:50 Dance Vision	15:00 - 15:25 Core Vision
09:00 - 09:45 Reha Sport	10:00 - 10:45 Gesundheitszirkel	11:00 - 11:50 Power Vision	10:00 - 10:25 Core Vision	15:00 - 15:45 Jumping KIDS & TEEN...	15:00 - 15:45 Jumping	
09:45 - 10:30 XBEAT Group EMS	10:00 - 10:30 Gesundheitszirkel	16:00 - 16:25 Core Vision	10:00 - 10:45 Gesundheitszirkel	16:00 - 16:50 Power Vision	16:00 - 16:25 Core Vision	
10:00 - 10:45 Pilates	10:00 - 10:55 Balance & Stretch	16:30 - 17:15 Reha Sport*	10:00 - 10:30 Gesundheitszirkel	16:00 - 17:00 Kickboxen & SV TEEN...	16:30 - 17:20 Power Vision	
10:00 - 11:00 Yoga HATHA	10:00 - 10:45 Reha Sport*	16:30 - 17:15 Reha Sport	10:00 - 10:55 Balance & Stretch	16:30 - 17:15 XBEAT Group EMS		
11:00 - 11:50 Dance Vision	10:00 - 10:45 XBEAT Group EMS	17:15 - 18:00 Reha Sport*	10:00 - 10:45 XBEAT Group EMS	17:00 - 17:30 XBEAT Group EMS		

Stand: 23.01.2021

- \* separat zu buc...
- Ausdauer
- EMS Training
- Entspannung
- Functional Train...
- Gesundheit / Reh...
- Kraft
- Selbstverteidigu...
- Virtuell

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16:00 - 17:00 Kickboxen & SV KIDS...	10:00 - 10:45 Reha Sport	17:15 - 18:00 Reha Sport	10:00 - 10:30 Klangschalen Medita...	17:15 - 18:00 XBEAT Group EMS		
16:30 - 17:15 Reha Sport*	11:00 - 11:55 Rückenfit	17:30 - 18:15 Pilates	11:00 - 11:50 Dance Vision	17:30 - 18:00 LES Mills cxWorx		
16:30 - 17:15 Reha Sport	16:00 - 17:00 Kickboxen & SV TEEN...	17:30 - 18:15 LES Mills bodypump	11:00 - 11:45 Jumping BALANCE	17:30 - 18:15 Reha Sport*		
17:15 - 18:00 Reha Sport*	17:15 - 18:00 Reha Sport*	17:30 - 18:15 XBEAT Group EMS	16:00 - 16:50 Power Vision	17:30 - 18:00 Core		
17:15 - 18:00 Reha Sport	17:15 - 18:00 Reha Sport	18:15 - 19:00 LES Mills bodypump	16:30 - 17:15 Reha Sport*	17:30 - 18:15 LES Mills bodypump		
17:30 - 18:15 Rückenfit	17:30 - 18:15 Reha Sport*	18:15 - 19:00 XBEAT Group EMS	16:30 - 17:15 Reha Sport	17:30 - 18:00 Core		
17:30 - 18:15 LES Mills bodypump	17:30 - 18:15 Body Workout	18:30 - 19:15 Yoga POWER	17:15 - 18:00 Reha Sport*	17:30 - 18:15 Reha Sport		
18:00 - 18:30 XBEAT Group EMS	17:30 - 18:15 XBEAT Group EMS	18:30 - 19:00 XBEAT Group EMS	17:15 - 18:00 Reha Sport	18:15 - 19:00 Tabata Strength		
18:15 - 19:00 LES Mills bodypump	17:30 - 18:15 Reha Sport	19:15 - 20:00 Pilates	17:30 - 18:15 Jumping	18:15 - 19:00 H.I.I.T.		
18:15 - 19:00 Tabata Cardio	18:15 - 19:00 Pilates	19:15 - 20:00 Tabata Strength	18:15 - 19:00 Yoga	18:15 - 19:00 Tabata Strength		
18:15 - 19:00 Tabata Cardio	18:15 - 19:00 XBEAT Group EMS	19:15 - 19:45 XBEAT Group EMS	18:15 - 19:00 TRX®	18:30 - 19:30 Krav Maga TEENS 10-...		

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18:30 - 19:15 Jumping	18:30 - 19:15 Jumping	19:15 - 20:00 Tabata Strength	18:15 - 19:00 TRX®	19:15 - 20:45 Kickboxen & SV*		
18:30 - 19:15 TRX®	18:30 - 19:15 TRX®	19:30 - 20:30 Spinning MOUNTAINS	18:30 - 19:15 Functional H.I.I.T....	19:30 - 21:00 Krav Maga*		
18:30 - 19:15 XBEAT Group EMS	18:30 - 19:00 XBEAT Group EMS	19:30 - 21:00 Kickboxen & SV*	18:30 - 19:15 Body Workout	21:30 - 21:55 Core Vision		
18:30 - 19:15 TRX®	18:30 - 19:15 TRX®	20:00 - 21:15 Krav Maga*	18:30 - 19:15 XBEAT Group EMS			
18:45 - 19:15 XBEAT Group EMS	19:15 - 20:00 LES Mills bodypump	20:15 - 21:15 Spinning	18:30 - 19:15 Functional H.I.I.T....			
19:15 - 20:00 Jumping	19:15 - 20:00 TRX®	20:15 - 20:45 Klangschalen Medita...	19:15 - 20:00 Jumping			
19:15 - 20:00 Yoga	19:15 - 19:45 XBEAT Group EMS	21:15 - 21:40 Core Vision	19:15 - 20:00 XBEAT Group EMS			
19:15 - 20:00 XBEAT Group EMS	19:15 - 20:00 TRX®		19:15 - 20:00 XBEAT Group EMS			
19:30 - 20:15 Zumba®	19:30 - 20:00 LES Mills cxWorx		19:30 - 20:30 Spinning TECHNICAL			
19:30 - 20:30 Spinning EASY RIDER...	19:30 - 20:15 Yoga HATHA		19:30 - 20:15 Pilates			
19:30 - 20:00 XBEAT Group EMS	19:30 - 20:00 Klangschalen Medita...		20:15 - 21:00 Zumba®			

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<div data-bbox="107 373 369 451">           20:15 - 20:40            Core Vision         </div> <div data-bbox="107 459 369 537">           20:15 - 21:15            Spinning         </div> <div data-bbox="107 545 369 624">           21:00 - 21:50            Power Vision         </div>	<div data-bbox="398 373 660 451">           20:15 - 21:00            Jumping         </div> <div data-bbox="398 459 660 537">           21:15 - 21:40            Core Vision         </div>		<div data-bbox="981 373 1243 451">           21:15 - 22:05            Dance Vision         </div>			

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