

Kursplan

SPORTSCLUB4 - Köln Merheim

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
YOGA by linzenich 08:30 - 09:30	TABATA / HIIT 09:00 - 10:00	BALANCE by linzenich 08:30 - 09:25	BOP 08:00 - 09:00	RÜCKENFITNESS 09:00 - 09:55	YOGA by linzenich 10:00 - 10:55	BOP 10:00 - 10:55
REHASPORT 10:00 - 10:45	REHASPORT 10:00 - 10:45	REHASPORT 09:30 - 10:15	REHASPORT 16:00 - 16:45	REHASPORT 10:00 - 10:45	PUMP by linzenich 11:00 - 12:00	SPECIAL 11:00 - 12:00
REHASPORT 11:00 - 11:45	REHASPORT 16:00 - 16:45	REHASPORT 10:30 - 11:15	REHASPORT 17:00 - 17:45	REHASPORT 11:00 - 11:45		
RÜCKENFITNESS 17:00 - 17:55	YOGA by linzenich 17:00 - 17:55	REHASPORT 17:00 - 17:45	RÜCKENFITNESS 18:00 - 18:55	REHA KIDS 16:00 - 16:45		

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
TABATA / HIIT 18:00 - 18:55	BOP 18:00 - 18:55	TABATA / HIIT 18:00 - 18:55	PUMP by linzenich 19:00 - 20:00	BALANCE by linzenich 17:00 - 17:55		
BAUCHKILLER 18:30 - 19:00	SYNRGY 18:30 - 19:00	YOGA by linzenich 19:00 - 20:00		TABATA / HIIT 18:00 - 18:55		
PUMP by linzenich 19:00 - 20:00	ZUMBA 19:00 - 20:00			REHASPORT 19:00 - 19:45		