

Kursplan

SPORTSCLUB4 - Köln Holweide

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
RÜCKENFITNESS 09:00 - 10:00	PUMP by linzenich 09:00 - 09:55	RÜCKENFITNESS 09:00 - 09:55	JUMPING 09:00 - 09:55	BOP 08:00 - 08:55	RÜCKENFITNESS 10:00 - 10:55	PUMP by linzenich 10:00 - 11:00
REHASPORT 17:00 - 17:45	REHASPORT 10:00 - 10:45	REHASPORT 10:00 - 10:45	REHASPORT 10:00 - 10:45	RÜCKENFITNESS 09:00 - 10:00	SPECIAL 11:00 - 12:00	
BAUCHKILLER 18:00 - 18:30	BOP 17:00 - 17:55	REHASPORT 17:00 - 17:45	FIT MIX 17:00 - 17:55	REHASPORT 16:00 - 16:45		
PUMP by linzenich 18:00 - 18:55	YOGA by linzenich 18:00 - 18:55	BOP 18:00 - 18:55	JUMPING 18:00 - 18:55	ZUMBA 17:00 - 17:55		

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
ZUMBA 19:00 - 19:55	FIT MIX 19:00 - 20:00	BAUCHKILLER 19:00 - 19:30	PUMP by linzenich 19:00 - 20:00	YOGA by linzenich 18:00 - 18:55		
JUMPING 20:00 - 21:00		ZUMBA 19:00 - 19:55		BAUCHKILLER 19:00 - 19:30		
		YOGA by linzenich 20:00 - 21:00				