

# Kursplan

SPORTSCLUB4 - Lützenkirchen

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>MOBILITY</b> by linzenich 09:00 - 09:25	<b>REHASPORT</b> 10:00 - 10:45	<b>RÜCKENFITNESS</b> 09:00 - 10:00	<b>REHASPORT</b> 09:00 - 09:45	<b>YOGA</b> by linzenich 09:00 - 09:55	<b>RÜCKENFITNESS</b> 10:00 - 10:55	<b>JUMPING</b> 10:00 - 10:55
<b>BOP</b> 09:30 - 10:30	<b>REHASPORT</b> 11:00 - 11:45	<b>REHASPORT</b> 16:30 - 17:15	<b>REHASPORT</b> 10:00 - 10:45	<b>REHASPORT</b> 10:00 - 10:45	<b>SPECIAL</b> 11:00 - 12:00	<b>BOP</b> 11:00 - 12:00
<b>REHASPORT</b> 17:00 - 17:45	<b>RÜCKENFITNESS</b> 17:30 - 18:25	<b>FIT MIX</b> 17:30 - 18:25	<b>PRÄVENTIONSKURS</b> 16:00 - 16:45	<b>REHASPORT</b> 11:00 - 11:45		
<b>PUMP</b> by linzenich 18:00 - 18:55	<b>TABATA / HIIT</b> 18:30 - 19:25	<b>PUMP</b> by linzenich 18:30 - 19:25	<b>REHASPORT</b> 17:00 - 17:45	<b>BOP</b> 17:30 - 18:25		

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
JUMPING 19:00 - 20:00	BAUCHKILLER 19:30 - 20:00	ZUMBA 19:30 - 20:30	FIT MIX 18:00 - 18:55	JUMPING 18:30 - 19:30		
	YOGA by linzenich 19:30 - 20:30		YOGA by linzenich 19:00 - 19:55			
			FUNCTIONAL FIT 19:00 - 19:30			
			BAUCHKILLER 19:30 - 20:00			
			REHASPORT 20:00 - 20:45			