

Kursplan

SPORTSCLUB4 - Olpe

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
RÜCKENFITNESS 09:00 - 09:55	FIT & HEALTHY 10:00 - 10:55	YOGA by linzenich 09:00 - 09:55	BOP 17:30 - 17:55	BALANCE by linzenich 09:00 - 10:00	SPECIAL 11:00 - 12:00	RÜCKENFITNESS 11:00 - 12:00
REHASPORT 10:00 - 10:45	REHASPORT 11:00 - 11:45	REHASPORT 10:00 - 10:45	PUMP by linzenich 18:00 - 18:55	FUNCTIONAL FIT 17:30 - 18:30		
JUMPING 17:30 - 18:25	BAUCHKILLER 17:30 - 17:55	REHASPORT 17:15 - 18:00	JUMPING 19:00 - 19:55			
MOBILITY by linzenich 18:30 - 18:55	RÜCKENFITNESS 18:00 - 18:55	MOBILITY by linzenich 18:00 - 18:25	REHASPORT 20:00 - 20:45			

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
PUMP by linzenich 19:00 - 19:55	FUNCTIONAL FIT 18:00 - 18:25	BOP 18:30 - 18:55				
	BASIC MOBILITY WARM-UP 18:30 - 19:00	EXTREME FIT 18:30 - 19:00				
	JUMPING 19:00 - 20:00	BALANCE by linzenich 19:00 - 20:00				
	ERNÄHRUNGS-COACHING 19:00 - 20:00					