

# Kursplan

bylinzenich - Lindlar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>RÜCKENFITNESS</b> 09:00 - 10:00	<b>REHASPORT</b> 16:00 - 16:45	<b>YOGA by linzenich</b> 09:00 - 10:00	<b>REHASPORT</b> 10:00 - 10:45	<b>RÜCKENFITNESS</b> 09:00 - 10:00	<b>TABATA / HIIT</b> 10:00 - 11:00	<b>SPECIAL</b> 11:00 - 12:00
<b>REHASPORT</b> 17:00 - 17:45	<b>PUMP by linzenich</b> 17:30 - 18:25	<b>STRETCH &amp; RELAX</b> 17:00 - 17:55	<b>YOGA by linzenich</b> 17:00 - 17:55	<b>JUMPING</b> 17:00 - 18:00		
<b>FIT MIX</b> 18:00 - 18:55	<b>MOBILITY by linzenich</b> 17:30 - 17:55	<b>FIT MIX</b> 18:00 - 18:55	<b>PUMP by linzenich</b> 18:00 - 18:55			
<b>JUMPING</b> 19:00 - 20:00	<b>BOOTCAMP</b> 18:00 - 18:30	<b>BAUCHKILLER</b> 18:30 - 19:00	<b>MOBILITY by linzenich</b> 19:00 - 19:25			

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	TABATA / HIIT 18:30 - 19:25	JUMPING 19:00 - 20:00	BAUCHKILLER 19:30 - 20:00			
	ERNÄHRUNGS- INFOABEND 19:00 - 20:00					
	YOGA by linzenich 19:30 - 20:30					

-  **Special**
-  **Kräftigung**
-  **Ausdauer**
-  **Beweglichkeit**
-  **Reha**
-  **Power**
-  **Auf der Trainingsfläche**