


# Kursplan

bylinzenich - Waldbröl

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>RÜCKENFITNESS</b> 09:00 - 10:00	<b>FIT MIX</b> 09:00 - 10:00	<b>BALANCE by linzenich</b> 09:00 - 09:55	<b>JUMPING</b> 17:00 - 17:55	<b>FIT KICK</b> 09:00 - 09:55	<b>JUMPING</b> 11:00 - 12:00	<b>SPECIAL</b> 11:00 - 12:00
<b>REHASPORT</b> 17:00 - 17:45	<b>REHASPORT</b> 17:00 - 17:45	<b>REHASPORT</b> 10:00 - 10:45	<b>ZUMBA</b> 18:00 - 18:55	<b>YOGA by linzenich</b> 10:00 - 11:00		
<b>PUMP by linzenich</b> 18:00 - 18:55	<b>BOP</b> 18:00 - 18:55	<b>REHASPORT</b> 16:30 - 17:15	<b>YOGA by linzenich</b> 19:00 - 20:00	<b>MOBILITY by linzenich</b> 17:30 - 18:00		
<b>JUMPING</b> 19:15 - 20:00	<b>BALANCE by linzenich</b> 19:00 - 20:00	<b>BAUCHKILLER</b> 17:30 - 17:55		<b>PUMP by linzenich</b> 18:00 - 19:00		

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		<b>RÜCKENFITNESS</b> 18:00 - 18:55		<b>JUMPING</b> 19:15 - 20:00		
		<b>PUMP by linzenich</b> 19:00 - 20:00				

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