

Kursplan

FAMILY FITNESS CLUB - Bergisch Gladbach

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
BOP 09:15 - 10:15	PILATES 09:15 - 10:15	YOGA by linzenich 09:15 - 10:10	FIT MIX 09:15 - 10:10	YOGA by linzenich 08:00 - 09:30	PUMP by linzenich 14:00 - 15:00	JUMPING 10:00 - 10:55
REHASPORT 10:30 - 11:15	REHASPORT 12:30 - 13:15	RÜCKENFITNESS 10:15 - 11:15	STRETCH & RELAX 10:15 - 11:15	REHASPORT 10:45 - 11:30		BOP 11:00 - 11:55
REHASPORT 11:30 - 12:15	REHASPORT 16:00 - 16:45	REHASPORT 11:30 - 12:15	REHASPORT 11:30 - 12:15	INDOOR CYCLING 17:00 - 17:55		INDOOR CYCLING 12:00 - 13:00
REHA KIDS 16:00 - 16:45	TABATA / HIIT 17:00 - 17:55	REHASPORT 16:00 - 16:45	REHASPORT 16:00 - 16:45	REHASPORT 18:15 - 19:00		

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
FUNCTIONAL FIT 17:00 - 17:55	PUMP by linzenich 18:00 - 18:55	INDOOR CYCLING 17:00 - 17:55	RÜCKENFITNESS 17:00 - 17:55	REHASPORT 19:15 - 20:00		
ZUMBA 18:00 - 18:55	FIT MIX 19:00 - 19:55	BALANCE by linzenich 18:00 - 18:55	BOP 18:00 - 18:55			
ERNÄHRUNGS-INFOABEND 19:00 - 20:00	YOGA by linzenich 20:00 - 21:00	JUMPING 19:00 - 19:55	ZUMBA 19:00 - 19:55			
BALANCE by linzenich 19:00 - 19:55		YOGA by linzenich 20:00 - 21:00	JUMPING 20:00 - 21:00			
INDOOR CYCLING 20:00 - 21:00						