

Kursplan

FAMILY FITNESS CLUB - Siegburg

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
BOP 09:30 - 10:30	JUMPING 17:00 - 17:55	RÜCKENFITNESS 09:30 - 10:30	YOGA by linzenich 09:30 - 10:30	PUMP by linzenich 09:30 - 10:30	BOP 11:30 - 12:10	FIT MIX 11:00 - 11:50
TRX 17:00 - 17:45	STEP AEROBIC 18:00 - 18:55	MOBILITY by linzenich 10:30 - 11:00	REHASPORT 16:30 - 17:15	REHASPORT 17:00 - 17:45	JUMPING 12:15 - 13:15	BALANCE by linzenich 12:00 - 13:00
PUMP by linzenich 18:00 - 18:55	BOP 19:00 - 19:55	FIT MIX 18:00 - 18:55	PUMP by linzenich 18:00 - 19:00	MOBILITY by linzenich 17:50 - 18:20		
BAUCHKILLER 19:05 - 19:15	BALANCE by linzenich 20:00 - 21:00	YOGA by linzenich 19:00 - 20:00	JUMPING 19:10 - 20:00			

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
JUMPING 19:20 - 20:00						