

Kursplan

LADYlike - Gummersbach

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
YOGA by linzenich 09:00 - 10:00	BODYWORKOUT 09:00 - 10:00	RÜCKENFITNESS 09:00 - 09:55	PRÄVENTIONSKURS 16:45 - 17:30	TABATA / HIIT 09:00 - 10:00	TABATA / HIIT 11:00 - 12:00	SPECIAL 10:00 - 11:00
REHASPORT 10:15 - 11:00	REHASPORT 16:30 - 17:15	PUMP by linzenich 17:30 - 18:25	BOP 18:30 - 19:25	BODYWORKOUT 17:00 - 17:55		
BOP 17:00 - 17:55	RÜCKENFITNESS 17:30 - 18:25	BAUCHKILLER 10:00 - 10:30	JUMPING 17:30 - 18:25	YOGA by linzenich 18:00 - 19:00		
ZUMBA 18:00 - 18:55	ERNÄHRUNGS-INFOABEND 18:00 - 19:00	RÜCKENFITNESS 18:30 - 19:30	STEP Aerobic 19:30 - 20:30			

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
PUMP by linzenich 19:00 - 20:00	JUMPING 18:30 - 19:25					
	YOGA by linzenich 19:30 - 20:30					