

Montag**Dienstag****Mittwoch****Donnerstag****Freitag**

09:00 – 10:00
Fatburner / BBP

09:00 – 10:00
Power - Zirkel

09:15 – 10:15
Bodyshape

09:00 – 10:30
Yoga

09:00 – 10:00
Rücken Fit

16:00 – 17:00
Rücken Fit

16:00 – 16:45
Taekwondo
(Anfänger)

15:00 – 16:00
Zumbini
16:00 – 17:00
Zumba Teen

15:20 – 17:00
Ballettschule Olpe

15:00 – 16:00
Taekwondo
(Anfänger)

17:15 – 18:15
Fatburner /
Interval

16:45 – 17:45
Taekwondo
(Fortgeschritten)

17:15 – 18:00
Rehasport

17:00 – 18:00
Ballettschule Olpe

16:00 – 17:30
Taekwondo
(Fortgeschritten)

18:15 – 19:15
TAI-BO

18:00 – 19:00
Body&Mind

18:30 – 20:30
Taekwondo
(Fortgeschritten)

18:00 – 19:00
Bauch, Beine, Po
& Rücken

18:00 – 19:30
Yoga

19:15 – 20:00
Bauch, Beine, Po

19:15 – 20:15
Functional
Fitness

19:00 – 20:00
Rücken Fit
(Turnhalle am
Hallenbad)

19:00 – 20:00
TAI-BO

20:00 – 20:45
ZUMBA

20:15 – 21:00
Rehasport

20:00 – 20:45
ZUMBA