

# Kursplan

16.10.2017 - 22.10.2017

**Olymp-Vital**  
 Kölner Str. 49  
 58509 Lüdenscheid  
 02351 28701  
 rueckenfitness@gmx.de



Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
<div style="background-color: #00FF00; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 FASZIEN SPEZIAL *NE...</div> <div style="background-color: #0000FF; padding: 5px; margin-bottom: 5px;">15:30 - 16:15 RÜCKENWIND Rücker</div> <div style="background-color: #FF0000; padding: 5px; margin-bottom: 5px;">17:45 - 18:15 Effective Gruppenfi...</div> <div style="background-color: #FF0000; padding: 5px;">18:45 - 19:30 BAUCH PARTY SPEZI</div>	<div style="background-color: #00FF00; padding: 5px; margin-bottom: 5px;">15:30 - 16:00 FASZIEN SPEZIAL *N...</div> <div style="background-color: #FFFF00; padding: 5px;">18:15 - 19:15 INDIAN BALANCE Aus...</div>	<div style="background-color: #0000FF; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 RÜCKEN VITAL Sanfte</div> <div style="background-color: #FF0000; padding: 5px; margin-bottom: 5px;">15:30 - 16:00 Effective Gruppenfi...</div> <div style="background-color: #FF0000; padding: 5px; margin-bottom: 5px;">17:45 - 18:15 Effective Gruppenfi...</div> <div style="background-color: #0000FF; padding: 5px; margin-bottom: 5px;">18:15 - 18:45 RÜCKEN VITAL</div> <div style="background-color: #00FF00; padding: 5px;">18:45 - 19:45 INDIAN BALANCE *FA...</div>	<div style="background-color: #00FF00; padding: 5px; margin-bottom: 5px;">15:30 - 16:15 FASZIEN SPEZIAL *NE...</div> <div style="background-color: #0000FF; padding: 5px; margin-bottom: 5px;">18:30 - 19:15 NACKEN RELAX Anti-</div> <div style="background-color: #00FF00; padding: 5px;">19:30 - 20:00 FASZIEN SPEZIAL *NE...</div>	<div style="background-color: #0000FF; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 RÜCKEN VITAL Sanfte</div> <div style="background-color: #FF0000; padding: 5px; margin-bottom: 5px;">15:30 - 16:30 CROSS FITNESS PT F</div> <div style="background-color: #FFFF00; padding: 5px;">18:15 - 19:15 INDIAN BALANCE Aus...</div>	<div style="background-color: #00FF00; padding: 5px;">11:00 - 11:45 FASZIEN SPEZIAL *NE...</div>	

- Entspannung
- Faszien & Bewegl...
- Kräftigung
- Rücken & Gesundh...
- Physio Fitness

Stand: 17.10.2017