

# Kursplan

18.10.2021 - 24.10.2021

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



Montag 18.10.2021	Dienstag 19.10.2021	Mittwoch 20.10.2021	Donnerstag 21.10.2021	Freitag 22.10.2021	Samstag 23.10.2021	Sonntag 24.10.2021
<div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">                     09:30 - 10:15                      *NEU* SCHMERZFREI K...                      Andreas Heinrich                 </div> <div style="background-color: #FFA500; color: white; padding: 5px; margin-bottom: 5px;">                     15:00 - 15:45                      *NEU* FLE-XX Beweg...                      Andreas Heinrich                 </div> <div style="background-color: #FF0000; color: white; padding: 5px;">                     18:30 - 19:15                      BAUCH PARTY SPEZIAL...                      Andreas Heinrich                 </div>	<div style="background-color: #444444; color: white; padding: 5px;">                     18:10 - 19:00                      INDIAN BALANCE Aus...                      Andreas Heinrich                 </div>	<div style="background-color: #00FF00; color: white; padding: 5px; margin-bottom: 5px;">                     09:30 - 10:15                      RÜCKEN VITAL Sanfte...                 </div> <div style="background-color: #FFA500; color: white; padding: 5px; margin-bottom: 5px;">                     15:00 - 15:45                      *NEU* FLE-XX Beweg...                      Andreas Heinrich                 </div> <div style="background-color: #00FF00; color: white; padding: 5px; margin-bottom: 5px;">                     17:45 - 18:15                      VITAL ZIRKEL                      Corina                 </div> <div style="background-color: #444444; color: white; padding: 5px; margin-bottom: 5px;">                     18:10 - 19:00                      INDIAN BALANCE Aus...                      Andreas Heinrich                 </div> <div style="background-color: #00FF00; color: white; padding: 5px;">                     18:30 - 19:00                      RÜCKEN VITAL Sanfte...                 </div>	<div style="background-color: #800000; color: white; padding: 5px;">                     18:15 - 19:15                      *NEU* Liebscher &amp; B...                      Andreas Heinrich                 </div>	<div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">                     09:30 - 10:15                      *NEU* Liebscher &amp; B...                      Andreas Heinrich                 </div> <div style="background-color: #FFA500; color: white; padding: 5px; margin-bottom: 5px;">                     15:00 - 15:45                      *NEU* FLE-XX Beweg...                      Andreas Heinrich                 </div> <div style="background-color: #444444; color: white; padding: 5px;">                     18:10 - 19:00                      INDIAN BALANCE Aus...                      Andreas Heinrich                 </div>	<div style="background-color: #800000; color: white; padding: 5px;">                     11:00 - 11:45                      * NEU* SCHMERZFREI ...                      Andreas Heinrich                 </div>	

- Aktive Entspannu...
- FLEXX - BEWEGLIC...
- Faszien & Bewegl...
- Functional Gym
- Kräftigung
- Physio Fitness
- Rücken & Gesundh...
- SCHMERZFREI KONZ...
- Total Vital

Stand: 23.10.2021