

Kursplan

26.02.2018 - 04.03.2018

Fit im Wedding
 Seestraße 50
 13347 Berlin
 030 4561399
 info@fit-im-wedding.de



Montag 26.02.2018	Dienstag 27.02.2018	Mittwoch 28.02.2018	Donnerstag 01.03.2018	Freitag 02.03.2018	Samstag 03.03.2018	Sonntag 04.03.2018
10:00 - 10:50 Rückenfit	09:15 - 10:05 Reha	09:30 - 10:20 Aroha	18:00 - 19:00 Zumba	10:00 - 10:50 Pilates	10:30 - 11:30 Body Pump	11:30 - 12:30 Spinning
11:00 - 11:50 Pilates	10:30 - 11:30 Spinning	10:30 - 11:45 Yoga	19:00 - 20:00 Spinning	11:00 - 12:00 Jumping Fitness	11:30 - 11:50 Bauch Express	
17:00 - 17:50 Step	11:30 - 12:20 Reha	17:00 - 17:50 Step	19:00 - 20:00 Jumping Fitness	18:30 - 19:20 Bodyshape	12:00 - 13:00 Zumba	
18:00 - 19:00 Body Pump	17:00 - 17:50 Rückenfit	18:00 - 19:00 Body Pump	20:00 - 21:30 Yoga	19:15 - 20:05 Reha		
19:00 - 20:00 Jumping Fitness Beatrice	18:00 - 18:50 Fatburner	19:00 - 19:30 BBP Express		19:30 - 20:30 Body Balance		
	19:30 - 20:30 Spinning	19:10 - 20:00 Reha				
		19:30 - 20:30 Body Balance				

- Ausdauer
- Beweglichkeit
- Dance & Fun
- Figur
- Gesundheit
- Kraft

Stand: 26.02.2018