

# Kursplan

17.02.2020 - 23.02.2020

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



Montag 17.02.2020	Dienstag 18.02.2020	Mittwoch 19.02.2020	Donnerstag 20.02.2020	Freitag 21.02.2020	Samstag 22.02.2020	Sonntag 23.02.2020
10:00 - 10:50 Rückenfit	09:15 - 10:05 Reha	09:30 - 10:20 Fit ab 50	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 - 18:00 Jumping Fitness Marcus	19:00 - 20:00 Jumping Fitness	18:30 - 19:30 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	19:10 - 20:00 Reha		19:30 - 20:30 Body Balance		
20:15 - 21:30 Yoga	19:00 - 20:00 NIA	19:15 - 20:15 Body Balance				
	19:30 - 20:30 Spinning					

- Mehr Beweglich...
- Ausdauer verbess...
- Figur formen
- Gesundheit stärk...
- Kraft aufbauen
- Zumba

Stand: 18.02.2020