

# Kursplan

13.08.2018 - 19.08.2018

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



Montag 13.08.2018	Dienstag 14.08.2018	Mittwoch 15.08.2018	Donnerstag 16.08.2018	Freitag 17.08.2018	Samstag 18.08.2018	Sonntag 19.08.2018
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 - 18:00 Jumping Fitness Marcus	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: 19.08.2018