


# 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<br>Rückenfit                   | 09:15 - 10:05<br>Reha      | 09:30 - 10:20<br>Fit ab 50                 | 18:00 - 19:00<br>Zumba           | 10:00 - 10:50<br>Pilates         | 10:30 - 11:30<br>Body Pump     | 11:30 - 12:30<br>Spinning |
| 11:00 - 11:50<br>Pilates                     | 10:30 - 11:30<br>Spinning  | 10:30 - 11:45<br>Yoga                      | 19:00 - 20:00<br>Spinning        | 11:00 - 12:00<br>Jumping Fitness | 11:30 - 11:50<br>Bauch Express |                           |
| 17:00 - 17:50<br>Step                        | 11:30 - 12:20<br>Reha      | 17:00 - 18:00<br>Jumping Fitness<br>Marcus | 19:00 - 20:00<br>Jumping Fitness | 18:30 - 19:30<br>Bodyshape       | 12:00 - 13:00<br>Zumba         |                           |
| 18:00 - 19:00<br>Body Pump                   | 17:00 - 17:50<br>Rückenfit | 18:00 - 19:00<br>Body Pump                 | 20:00 - 21:30<br>Yoga            | 19:15 - 20:05<br>Reha            |                                |                           |
| 19:00 - 20:00<br>Jumping Fitness<br>Beatrice | 18:00 - 18:50<br>Fatburner | 19:10 - 20:00<br>Reha                      |                                  | 19:30 - 20:30<br>Body Balance    |                                |                           |
| 20:15 - 21:30<br>Yoga                        | 19:00 - 20:00<br>NIA       | 19:15 - 20:15<br>Body Balance              |                                  |                                  |                                |                           |
|  | 19:30 - 20:30<br>Spinning  |  |                                  |                                  |                                |                           |

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

Stand: 18.02.2020