

# Kursplan

09.12.2019 - 15.12.2019

Ladyfit in Tegel  
Gorkistraße 1  
13507 Berlin  
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| Montag 09.12.2019             | Dienstag 10.12.2019           | Mittwoch 11.12.2019                     | Donnerstag 12.12.2019      | Freitag 13.12.2019                      | Samstag 14.12.2019     | Sonntag 15.12.2019          |
|-------------------------------|-------------------------------|---|----------------------------|---|------------------------|-----------------------------|
| 10:00 - 10:50<br>Bodyshape    | 09:00 - 09:50<br>Rückenfit    | 09:00 - 09:50<br>Spinning               | 10:00 - 10:20<br>Easy Line | 09:00 - 09:50<br>Rücken - Reha § 43/... | 10:30 - 11:30<br>Zumba | 10:30 - 11:45<br>Hatha Yoga |
| 11:00 - 11:50<br>Pilates      | 10:00 - 10:50<br>Pilates      | 10:00 - 10:50<br>Bodyshape              | 10:30 - 11:45<br>Yoga      | 10:00 - 10:50<br>Bodyshape              |                        |                             |
| 12:00 - 12:50<br>Reha § 43/44 | 11:00 - 12:00<br>Reha § 43/44 | 11:00 - 11:30<br>Easy Line              | 17:00 - 17:50<br>Bodyshape | 11:00 - 11:30<br>Easy Line              |                        |                             |
| 16:00 - 16:45<br>Reha § 43/44 | 17:30 - 18:20<br>Bodyshape    | 11:30 - 12:15<br>Reha § 43/44 Hocker... | 18:00 - 18:30<br>Easy Line | 17:00 - 18:00<br>BODYPUMP               |                        |                             |
| 17:00 - 17:50<br>Step         | 18:00 - 19:00<br>Zumba        | 16:00 - 16:30<br>Easy Line<br>Iris      | 18:15 - 19:05<br>Spinning  | 18:00 - 18:30<br>Bodyshape EXPRESS      |                        |                             |
| 18:00 - 18:50<br>Rückenfit    | 18:30 - 19:45<br>Hatha Yoga   | 17:00 - 17:50<br>Dance Aerobic          |                            | 18:30 - 19:30<br>Zumba                  |                        |                             |
|                               |                               | 18:00 - 18:50<br>Pilates                |                            | 18:30 - 19:45<br>Hatha Yoga             |                        |                             |

- Ausdauer/Herz-Kr...
- Entspannung
- Ganzkörper
- Gesundheit
- Kraft-Ausdauer-Z...
- Reha nach § 43/4...

Stand: 11.12.2019