

Kursplan


09.12.2019 - 15.12.2019

Ladyfit in Tegel
 Gorkistraße 1
 13507 Berlin
 030 43604777
 info@lady-fit-in-tegel.de



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 Bodyshape	09:00 - 09:50 Rückenfit	09:00 - 09:50 Spinning	10:00 - 10:20 Easy Line	09:00 - 09:50 Rücken - Reha § 43/...	10:30 - 11:30 Zumba	10:30 - 11:45 Hatha Yoga
11:00 - 11:50 Pilates	10:00 - 10:50 Pilates	10:00 - 10:50 Bodyshape	10:30 - 11:45 Yoga	10:00 - 10:50 Bodyshape		
12:00 - 12:50 Reha § 43/44	11:00 - 12:00 Reha § 43/44	11:00 - 11:30 Easy Line	17:00 - 17:50 Bodyshape	11:00 - 11:30 Easy Line		
16:00 - 16:45 Reha § 43/44	17:30 - 18:20 Bodyshape	11:30 - 12:15 Reha § 43/44 Hocker...	18:00 - 18:30 Easy Line	17:00 - 18:00 BODYPUMP		
17:00 - 17:50 Step	18:00 - 19:00 Zumba	16:00 - 16:30 Easy Line Iris	18:15 - 19:05 Spinning	18:00 - 18:30 Bodyshape EXPRESS		
18:00 - 18:50 Rückenfit	18:30 - 19:45 Hatha Yoga	17:00 - 17:50 Dance Aerobic		18:30 - 19:30 Zumba		
		18:00 - 18:50 Pilates		18:30 - 19:45 Hatha Yoga		


 Ausdauer/Herz-Kr...

 Entspannung

 Ganzkörper

 Gesundheit

 Kraft-Ausdauer-Z...

 Reha nach § 43/4...

Stand: 11.12.2019