

# Kursplan

18.10.2021 - 24.10.2021

Fit in Tegel  
Ernststraße 2 - 4  
13509 Berlin  
030 4321020  
info@fit-in-tegel.de



| Montag 18.10.2021           | Dienstag 19.10.2021        | Mittwoch 20.10.2021            | Donnerstag 21.10.2021      | Freitag 22.10.2021         | Samstag 23.10.2021         | Sonntag 24.10.2021        |
|-----------------------------|----------------------------|--------------------------------|----------------------------|----------------------------|----------------------------|---------------------------|
| 09:30 - 10:20<br>BodyShape  | 09:30 - 10:20<br>BodyShape | 09:00 - 10:00<br>Reha          | 09:30 - 10:20<br>Rückenfit | 10:00 - 11:00<br>Aroha     | 12:00 - 13:30<br>Aikido    | 11:00 - 13:00<br>Spinning |
| 09:30 - 10:30<br>Reha       | 10:30 - 12:20<br>Rückenfit | 10:00 - 10:50<br>Salsa Aerobic | 10:30 - 11:30<br>Tabata    | 11:00 - 12:00<br>Best Ager | 13:30 - 14:30<br>Hapkido   |                           |
| 10:30 - 11:20<br>Rückenfit  | 16:00 - 17:00<br>Taekwondo | 10:00 - 11:00<br>Reha          | 17:00 - 18:00<br>Karate    | 15:00 - 16:00<br>Judo      | 14:00 - 15:00<br>Taekwondo |                           |
| 10:30 - 11:30<br>Reha       | 17:00 - 18:00<br>Karate    | 11:00 - 11:50<br>Pilates       | 18:00 - 19:30<br>Karate    | 16:00 - 17:00<br>Judo      | 14:30 - 16:00<br>Hapkido   |                           |
| 15:00 - 16:00<br>Judo       | 18:00 - 19:00<br>Hapkido   | 11:00 - 12:00<br>Reha          | 18:00 - 19:00<br>Hapkido   | 17:00 - 18:00<br>Karate    | 15:00 - 16:00<br>Taekwondo |                           |
| 16:00 - 17:00<br>Judo       | 18:00 - 19:00<br>Karate    | 12:15 - 13:30<br>Yoga          | 19:00 - 20:00<br>Hapkido   | 18:00 - 19:00<br>Judo      | 16:00 - 17:30<br>Hapkido   |                           |
| 16:00 - 17:00<br>Reha       | 19:00 - 20:00<br>Hapkido   | 15:00 - 16:00<br>Judo          | 19:30 - 21:00<br>Taekwondo | 18:00 - 19:30<br>K1        |                            |                           |
| 17:00 - 17:50<br>Rückenfit  | 19:00 - 20:30<br>K1        | 16:00 - 17:00<br>Judo          | 20:00 - 21:30<br>Hapkido   | 19:00 - 20:00<br>Judo      |                            |                           |
| 17:00 - 18:00<br>Judo       | 20:00 - 21:30<br>Hapkido   | 17:00 - 18:00<br>BodyShape     |                            | 19:30 - 21:00<br>Boxen     |                            |                           |
| 18:00 - 18:50<br>Langhantel | 20:30 - 22:00<br>Judo      | 17:00 - 18:00<br>Judo          |                            | 20:00 - 21:30<br>Judo      |                            |                           |
| 18:00 - 19:00<br>Judo       |                            | 18:00 - 18:50<br>Rückenfit     |                            |                            |                            |                           |

- Figur
- Herz-Kreislauf-T...
- Kampfsport
- Kraft & Straffun...
- Körperstabilisie...
- Reha

Stand: 19.10.2021

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|--|---------------------|--|-----------------------|--------------------|--------------------|--------------------|
| <p>19:00 - 20:00<br/>Spinning</p> <p>19:00 - 20:00<br/>Judo</p> <p>20:00 - 21:30<br/>Boxen</p> <p>20:00 - 21:00<br/>Functional</p> |                     | <p>18:00 - 19:00<br/>Judo</p> <p>19:00 - 19:50<br/>Zumba</p> <p>19:00 - 20:00<br/>Judo</p> <p>20:00 - 21:00<br/>Spinning</p> <p>20:00 - 21:00<br/>Judo</p> |                       |                    |                    |                    |

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