

Kursplan

18.11.2019 - 24.11.2019

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



Montag 18.11.2019	Dienstag 19.11.2019	Mittwoch 20.11.2019	Donnerstag 21.11.2019	Freitag 22.11.2019	Samstag 23.11.2019	Sonntag 24.11.2019
09:30 - 10:20 BodyShape	09:30 - 10:20 BodyShape	09:00 - 09:50 Reha	08:30 - 09:30 Yoga	10:00 - 10:50 Aroha	10:00 - 11:00 Spinning	10:30 - 11:30 Aikido
09:30 - 10:20 Reha	10:30 - 11:30 Spinning	10:00 - 10:50 Salsa Aerobic	09:40 - 10:30 Rückenfit	11:00 - 12:00 Best Ager	10:00 - 10:50 CardioMix	11:00 - 12:00 Spinning
10:30 - 11:20 Rückenfit	10:30 - 11:30 Wirbelsäule	10:00 - 10:45 Reha	10:40 - 11:30 BodyShape	15:00 - 16:00 Judo	11:00 - 11:50 BBP	11:30 - 14:00 Kickboxen
10:30 - 11:20 Reha	11:40 - 12:10 Faszienfit	11:00 - 11:50 Pilates	16:00 - 17:00 Judo	16:00 - 17:00 Judo	11:10 - 12:10 Jumping Fitness	
16:00 - 17:00 Judo	17:00 - 18:00 Jumping Fitness	12:15 - 13:30 Yoga	17:00 - 18:00 Karate	17:00 - 17:50 Langhantel	11:55 - 12:10 Stretch	
16:00 - 16:45 Reha	17:00 - 18:00 Hapkido	16:00 - 17:00 Judo	18:00 - 19:00 Jumping Fitness	17:00 - 18:00 Karate	12:10 - 13:00 Langhantel	
17:00 - 17:50 Rückenfit	18:00 - 18:50 Langhantel	17:00 - 17:50 BodyShape	18:00 - 19:30 Karate	18:00 - 19:00 Jumping Fitness	12:15 - 13:45 Aikido	
17:00 - 18:00 Judo	18:00 - 19:00 Capoeira	17:00 - 18:00 Judo	19:10 - 19:40 Bauch	18:00 - 19:00 Judo	14:00 - 15:30 Hapkido	
18:00 - 18:50 Langhantel	19:00 - 20:30 Yoga	18:00 - 18:50 Rückenfit	19:30 - 20:30 Hapkido	19:00 - 20:30 Boxen	15:30 - 16:30 Hapkido	
18:00 - 19:30 Judo	19:00 - 20:00 Hapkido	18:00 - 19:30 Judo	19:45 - 20:45 Pilates	19:00 - 20:00 Judo	16:30 - 17:30 Hapkido	
19:00 - 20:00 Spinning	20:00 - 21:00 Hapkido	19:00 - 19:50 Zumba	20:30 - 21:30 Hapkido	20:00 - 21:30 Judo		

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

Stand: 20.11.2019



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<div data-bbox="107 373 371 453">19:30 - 21:00 Karate</div> <div data-bbox="107 459 371 539">20:00 - 21:30 Boxen</div>	<div data-bbox="398 373 663 453">20:40 - 21:40 Judo</div>	<div data-bbox="689 373 954 453">19:30 - 21:00 Judo</div> <div data-bbox="689 459 954 539">20:00 - 21:00 Spinning</div>				

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