

Kursplan

11.12.2017 - 17.12.2017

Fitness Club Hellersdorf
 Neue Grottkauer Str. 3
 12619 Berlin
 030 5610032
 info@fitness-club-hellersdorf.de



Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
09:00 - 09:45 Reha-Sport	08:00 - 08:45 Reha-Sport	08:00 - 08:45 Reha-Sport	08:00 - 08:45 Reha-Sport	08:00 - 08:45 Reha-Sport		
10:00 - 10:50 Rücken-Fit	09:00 - 09:45 Reha-Sport	09:00 - 09:45 Reha-Sport	09:00 - 09:45 Reha-Sport	09:00 - 09:45 Reha-Sport		
15:00 - 15:45 Reha-Sport	10:00 - 10:45 Reha-Sport	10:00 - 10:45 Reha-Sport	10:00 - 10:50 Rücken-Fit	10:00 - 10:45 Reha-Sport		
16:00 - 16:45 Reha-Sport		17:00 - 17:50 Zirkeltraining	15:00 - 15:45 Reha-Sport	19:15 - 20:15 Zumba		
17:00 - 17:45 Reha-Sport		18:00 - 18:50 Power W/O	16:00 - 16:45 Reha-Sport			
18:00 - 18:50 Power W/O		19:00 - 19:40 Pilates	17:00 - 17:45 Reha-Sport			
19:00 - 19:40 Pilates		19:45 - 20:30 Reha-Sport	19:00 - 19:40 Rücken-Yoga			
19:45 - 20:30 Reha-Sport			19:45 - 20:30 Reha-Sport			
20:15 - 21:15 Zumba						

■ Ausdauer
 ■ Dance & Fun
 ■ Gesundheit

Stand: 16.12.2017