

Kursplan



Winter

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sonntag	
KR 1	KR 2	KR 1	KR 2	KR 1	KR 2	KR 1	KR 2	KR 1	KR 2	KR 1	
9:00- 9:55 WSG Petra/Maria		9:00- 9:55 WSG Frank		9:00- 9:55 Bodyshape Petra	9:00- 9:45 Reha- Kurs Josi			9:00- 9:55 Start ins WE Petra			
10:00- 10:55 Zirkel/Stetch Petra/Maria	10:00- 11:00 Yoga	10:00- 10:55 Bodyshape Frank	10:00- 10:55 Fatburner Sabine	10:00- 10:55 WSG Petra	10:00- 10:55 Bodyshape Josi	10:00- 10:55 Workout-Mix Frank	10:00- 10:55 WSG Sabine	10:00- 10:55 Balance Petra		10:30- 11:25 Step Jana/ Ines/ Conni/ Jule	
			11:00-11:55 WSG Sabine			11:00-11:55 Fit am Morgen Frank	11:00-11:55 Pilates Sabine			11:30- 12:25 Bodyshape Jana/ Ines/ Conni/ Jule	
							12:00- 12:45 Reha Sabine				
		13:00- 13:45 Reha Kathrin					13:00- 13:45 Reha Kathrin				
		14:00- 14:45 Reha Kathrin					14:00- 14:45 Reha Kathrin				
								16:00- 16:55 WSG Petra			
17:00- 17:55 Bodyshape Conni					17:00- 17:55 Bodyshape Conni	17:30- 18:55 Cross- Yoga Alexander	17:30- 18:25 Tae Bo Sarah		17:00- 17:55 Fatburner Petra		
18:00- 18:55 Fatburner Conni	18:00- 18:55 Bodyshape Jana/ Ines	18:00- 18:55 Power Body Frank	18:00- 18:55 Bodyshape Bine		18:00- 18:55 Pilates Conni		18:30-19:25 BBP Sarah	18:00-19.30 Vital-Combat Bine			
19:00- 19:55 Step Jana/ Ines	19:00- 19:55 Pilates Conni	19:00- 19:55 Pilates Frank	19:00- 19:55 Vital-Combat Bine	ab 19:00 Karate Frank	19:00- 19:55 Pilates Petra	19:00- 19:55 Power- Body Frank					
20:00- 21:30 Yoga Ronny		20.00-21.00 Kickboxen	20:00-21:30 Yoga Doro/ Eva		20:00- 20:55 Fatburner Petra	20:00- 20:55 Pilates Frank	20.00-21.00 Kickboxen				

Gültig ab dem 01.10.2018

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