

Fit durch Kurse – Februar 2012



1
9
8
2



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
10.00 - 11.00 Fit Mix Yvi	10.00 - 11.00 Problemzonen Training Bärbel		10.00 - 11.00 Stretch Relax Bauch - Beine - Po Bärbel	10.00 - 11.00 Yoga - Qi Gong Hui Gao
11.00 - 12.00 Pilates Schwerpunkt Rücken		11.00 - 12.00 Funktionsgymnastik + Rücken	11.00 - 12.00 Gymnastik - Ball Rücken - Fitness Christina	11.00 - 12.00 Qi Gong - Taichi Hui Gao
		12.00 - 12.30 Rückenschule - R Christina		
17.00 - 17.30 Rücken - R Jacek			16.00 - 16.30 Reha - Fit Kerstin	
17.30 - 18.00 Rücken - Fit - R Jacek		17.00 - 17.45 Bodystyling Christina	16.30 - 17.00 Reha - Fit	
18.00 - 18.45 Rückenschule - R		17.45 - 18.30 Pilates - Mix Christina	17.00 - 17.30 Rücken - Fit	
18.45 - 19.15 Bauch - Workout - Fitness Christina	18.45 - 19.30 Power - Dumpell Berit	18.30 - 19.15 Fit - Reha Arthur	17.30 - 18.00 Ganz - Körper Workout Kerstin	18.30 - 19.15 Fit - Reha Arthur
19.15 - 20.00 Energy - Dance Christina	19.30 - 20.15 Bauch - Beine - Po Berit	19.15 - 20.00 Fit - Reha Arthur	18.30 - 19.30 Bauch - Beine - Po Bärbel	19.15 - 20.00 Fit - Reha Arthur
20.00 - 21.15 Intensiv - Yoga Christina	20.15 - 21.15 Qi Gong - Yoga Hui Gao			

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