

FORM-FIT *KURS PLAN*

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<u>9.15 - 10.00</u> Fit-Mix Kerstin	<u>9.15 - 10.00</u> Reha Fit Kerstin				
<u>10.00 - 10.40</u> Reha Fit Kerstin	<u>10.00 - 10.45</u> Problemzonen Training Kerstin	<u>9.30 - 11.00</u> Yoga Fitness Christina	<u>10.00 - 10.45</u> Reha Fit Christina	<u>10.00 - 10.45</u> Reha -Pezzi Ball Christina	<u>10.00 - 11.00</u> Tanzen mit Christina nach Tel. Absprache:
<u>10.45 - 11.15</u> Reha Fit Kerstin	<u>10.45 - 11.15</u> Theraband Training Kerstin	<u>11.00 - 11.45</u> Reha Fit Christina		<u>11.00 - 12.00</u> Reha Fit Christina	
			<u>16.00 - 16.45</u> Fit Mix		
<u>16.30 - 17.15</u> Reha Fit Christina		<u>16.30 - 18.00</u> Yoga Christina	<u>16.45 - 17.30</u> Fit Mix	<u>16.00 - 17.30</u> Yoga Intensiv Christina	
<u>17.30 - 18.30</u> Reha Fit Christina	<u>18.15 - 19.15</u> Bauch Beine Po Dana	<u>18.15 - 19.00</u> Fit-Mix Malte	<u>17.30 - 18.30</u> Yoga Dana		
<u>18.45 - 19.15</u> Bauch Power Christina	<u>19.30 - 20.30</u> Salsation Anna	<u>19.00 - 19.45</u> Fit-Mix Malte	<u>18.45 - 19.30</u> Intense Rücken BBP Anna		
<u>19.15 - 20.45</u> Yoga Intensiv Christina			<u>19.30 - 20.15</u> Power Workout Anna		

Stand: 05.03.2026

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