

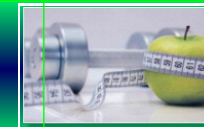
# FORM-FIT *KURS PLAN*

Kursplan ist erst einmal nur vorübergehend!

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<u>9.15 - 10.00</u> Fit-Mix Kerstin	<u>9.15 - 10.00</u> <b>Reha Fit</b> Kerstin				
<u>10.00 - 10.40</u> <b>Reha Fit</b> 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> <b>Reha -Pezzi Ball</b> Christina	<u>10.00 - 11.00</u> Tanzen mit Christina nach Tel. Absprache:
<u>10.45 – 11.15</u> <b>Reha Fit</b> Kerstin	<u>10.45 -11.15</u> Theraband Training Kerstin	<u>11.00 - 11.45</u> <b>Reha Fit</b> Christina	<u>11.30 - 12.15</u> <b>Reha Fit</b> Tanja	<u>11.00 - 12.00</u> <b>Reha Fit</b> Christina	
<u>16.30 - 17.15</u> <b>Reha Fit</b> Christina		<u>16.45 - 18.00</u> Yoga Christina	<u>16.00 - 16.45</u> <b>Reha Fit</b> Timo	<u>16.00 - 17.30</u> Yoga Intensiv Christina	
<u>17.30 - 18.30</u> <b>Reha Fit</b> Christina	<u>18.30 – 19.30</u> Bauch Beine Po	<u>18.15 - 19.00</u> <b>Reha Fit</b> Artur	<u>17.00 - 17.45</u> <b>Reha Fit</b> Timo		
<u>18.45 - 19.15</u> Bauch Power Christina	<u>19.30 -20.30</u> Salsation Anna	<u>19.00 - 19.45</u> <b>Reha Fit</b> Artur	<u>18.15 - 19.00</u> Rücken Tanja		
<u>19.15- 20.45</u> Yoga Intensiv Christina			<u>19.00 - 20.00</u> Workout Tanja		

Form-Fit  
Cuxhavener Str. 293 b  
21149 Hamburg

Tel. 040. 701 37 98  
info@form-fit.de  
[www.form-fit.de](http://www.form-fit.de)



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