

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00	<b>Physio Fitness</b>	<b>Best Age Fitness</b>	<b>Mama Fitness</b>		<b>Rücken Power</b>	<b>Fitness</b>	<b>deepWORK™</b>	10:00
11:00	Erma W. 10:00	Eva B. 10:00	Leslie H. 10:00		Dana M. 10:00	Steffi G. / Annika B. 10:00	Larissa B. / Andrea U. 10:00	11:00
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
11:20	<b>Best Age Fitness</b>	<b>Rücken Power</b>	<b>Hatha Yoga</b>		<b>FASZIO</b>	<b>BBRP</b>	<b>Bodyfit</b>	11:20
12:20	Erma W. 11:20	Eva B. 11:20	Leslie H. 11:20		Dana M. 11:20	Steffi G. / Annika B. 11:20	Larissa B. / Andrea U. 11:20	12:20
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
12:40					<b>Yogalates</b>		<b>Pilates</b>	12:40
13:40					Olaf G. 12:40		Frauke R. 12:40	13:40
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
14:00		<b>BBRP</b>			<b>Power Yoga</b>		<b>Avi Mea</b>	14:00
15:00		Sabine Schu. 14:00			Olaf G. 14:00		Frauke R. 14:00	15:00
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
15:20		<b>Tough Class</b>			<b>Tanztechnik Standard/Latein</b>	<b>ZUMBA® Fitness</b>	<b>Disco Fox (Für Paare)</b>	15:20
16:20		Sabine Schu. 15:20			Mike W. 15:20	Nico F. 15:20	Wilhelm S. 15:20	16:20
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
16:40		<b>Pilates</b>	<b>Soft Fitness</b>		<b>Tanztechnik Standard/Latein</b>	<b>Complete Body Workout</b>		16:40
17:40		Mareike W. 16:40	Claudia S. 16:40		Mike W. 16:40	Olga E. 16:40		17:40
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
18:00	<b>NIA</b>	<b>deepWORK™</b>	<b>Rücken Balance</b>	<b>NIA</b>	<b>FASZIO</b>		<b>Salsation®</b>	18:00
19:00	Christiane G. 18:00	Mareike W. 18:00	Claudia S. 18:00	Heike S. 18:00	Juliane K. 18:00		Linda S. 18:00	19:00
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
19:20	<b>Pilates</b>		<b>Complete Body Workout</b>		<b>Rücken Balance</b>			19:20
20:20	Maren K. 19:20		Lisa W. 19:20		Juliane K. 19:20			20:20
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
20:40	<b>Flow-Yoga</b>					<b>Gym 1</b>		20:40
21:40	Maren K. 20:40							21:40

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:45	<b>Hatha Yoga</b>	<b>Qi Gong</b>	<b>Hatha Yoga</b>	<b>Abenteuer Bewegung</b>	<b>BBRP</b>		<b>Hatha Yoga</b>	10:45
11:45	Meike H. 10:45	Petra T. 10:45	Regina B. 10:45	Anna-Julia 10:45	Sabine Sa. 10:45		Lucia S. / Hela 90 Min. H. 10:45	11:45
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>		
12:05	<b>Flow Yoga</b>	<b>FASZIO</b>	<b>Flow Yoga</b>	<b>Babys in Bewegung</b>	<b>Best Age Fitness</b>		<b>Pause</b>	12:05
13:05	Meike H. 12:05	Petra T. 12:05	Regina B. 12:05	Anna-Julia	Sabine Sa. 12:05			13:05
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>		
13:25			<b>Kundalini Yoga</b>				<b>Hip Hop</b>	13:25
14:25			Beate B. 13:25				Diana M.	14:25
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
14:45	<b>Babys in Bewegung</b>		<b>Yin Yoga</b>				<b>Dance ´n Strip</b>	14:45
15:45	Anna-Julia S. 14:45		Beate B. 14:45				Diana M.	15:45
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
16:05	<b>Abenteuer Bewegung</b>			<b>Beckenboden</b>		<b>Vinyasa Flow-Yoga</b>	<b>Yogalates</b>	16:05
17:05	Anna-Julia S. 16:05			Asa F. 16:05		Kirsten C. / Petra M. 16:05	Diana M. 16:05	17:05
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
17:25		<b>Complete Body Workout</b>		<b>Bauchtanz</b>	<b>Qi Gong</b>	<b>Yin Yoga</b>	<b>Pilates</b>	17:25
18:25		Jessica O. 17:25		Asa F. 17:25	Thu-Cuc N. 17:25	Kirsten C. / Petra M. 17:25	Ofelia R. 17:25	18:25
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
18:45	<b>Salsation®</b>	<b>Rücken Power</b>	<b>Pilates</b>	<b>Qi Gong</b>	<b>Deep Relax</b>		<b>Ballett für Erwachsene</b>	18:45
19:45	Nina G. 18:45	Jessica O. 18:45	Katja P. 18:45	Birte R. 18:45	Thu-Cuc N. 18:45		Ofelia R. 18:45	19:45
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
20:05		<b>ZUMBA® Fitness</b>	<b>Yogalates</b>	<b>Hatha Yoga</b>		<b>Gym 2</b>		20:05
21:05		Susanne W. 20:05	Katja P. 20:05	Birte R. 20:05				

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:30	<b>deepWork</b>	<b>Complete Body Workout</b>	<b>Step Fatburner</b>	<b>BBRP</b>	<b>Cardiorobic</b>	<b>Bodyfit</b>		10:30
11:30	Andrea U./ N.N.	Agostinho G. 10:30	Marianne S. 10:30	Martina K. 10:30	Vanessa B. 10:30	Sabine Schö. 10:30		11:30
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
11:50	<b>Complete Body Workout</b>	<b>Pilates</b>	<b>BBRP</b>	<b>Fatburner</b>	<b>Complete Body Workout</b>	<b>Step Advanced</b>		11:50
12:50	Andrea U./ N.N.	Agostinho G. 11:50	Marianne S. 11:50	Martina K. 11:50	Vanessa B. 11:50	Sabine Schö. 11:50		12:50
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
13:10			<b>Rücken Power</b>			<b>Complete Body Workout</b>		13:10
14:10			Sabine G. 13:10			Andreas M. 13:10		14:10
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
14:30			<b>Tanz &amp; Bewegung</b>			<b>Fit Fight Basic/ Technik</b> □		14:30
15:30			Sabine G. 14:30			Andreas M. 14:30		15:30
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
15:50	<b>Soft-Fitness</b>					<b>BBRP</b>	<b>BBRP</b>	15:50
16:50	Dürüye D.-S. 15:50					Beate B. / Anika K. 15:50	Frederik J. 15:50	16:50
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
17:10	<b>Complete Body Workout</b>	<b>ZUMBA-Fitness</b>		<b>Pilates</b>	<b>Dance'n'Fitness</b>	<b>Tough Class</b>	<b>Tough Class</b>	17:10
18:10	Dürüye D.-S. 17:10	Ulrike H. 17:10		Maike M. 17:10	Larissa B. 17:10	Beate B. / Anika K. 17:10	Frederik J. 17:10	18:10
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
18:30	<b>BBRP</b>	<b>ZUMBA-Step</b>		<b>Soft Fitness</b>	<b>deepWORK™</b>			18:30
19:30	Sabrina K. 18:30	Ulrike H. 18:30		Maike M. 18:30	Larissa B. 18:30			19:30
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
19:50	<b>Rücken Power</b>		<b>BBRP</b>					19:50
20:50	Sabrina K. 19:50		Tekla J. 19:50					20:50
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
21:10			<b>Bodyfit</b>			<b>Gym 3</b>		21:10
22:10			Tekla J. 21:10					22:10

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
11:00	<b>FASZIO</b>	<b>Fit Fight Basic/Technik</b>		<b>Yogalates</b>		<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	11:00
12:00	Angela D. 11:00	Handan A. 11:00		Angela D. 11:00				12:00
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
12:20	<b>Rücken Power</b>	<b>BBRP</b>		<b>Complete Body Workout</b>		<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	12:20
13:20	Angela D. 12:20	Handan A. 12:20		Angela D. 12:20				13:20
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
13:40						<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	13:40
14:40								14:40
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
15:00	<b>BBRP</b>				<b>Tough Class</b>	<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	15:00
16:00	Claudia M.-F. 15:00				Mariam T. 15:00			16:00
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
16:20	<b>Fit Fight Basic/Technik</b>	<b>Bodyfit</b>	<b>BBRP</b>	<b>BBRP</b>	<b>Complete Body Workout</b>	<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	16:20
17:20	Claudia M.-F. 16:20	Andrea R. 16:20	Steffi G. 16:20	Christine A. / Frederik J. 16:20	Mariam T. 16:20			17:20
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
17:40	<b>Step Advanced</b>	<b>Fatburner</b>	<b>Complete Body Workout</b>	<b>Tough Class</b>	<b>BBRP</b>	<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	17:40
18:40	Sabine Sch. 17:40	Andrea R. 17:40	Steffi G. 17:40	Christine A. / Frederik J. 17:40	Cathrin G. 17:40			18:40
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
19:00	<b>Tough Class</b>	<b>Bodyfit</b>	<b>deepWORK™</b>	<b>BBRP</b>	<b>Tough Class</b>	<b>Ausbildungen intern</b>	<b>Ausbildungen intern</b>	19:00
20:00	Sabine Sch. 19:00	Anika K. 19:00	Christine A. 19:00	Brigitte J. 19:00	Cathrin G. 19:00			20:00
	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	<b>Pause</b>	
20:20	<b>ZUMBA® Fitness</b>			<b>Rücken Power</b>	<b>Salsation®</b>	<b>Gym 4</b>		20:20
21:20	Holger D. 20:20			Brigitte J. 20:20	Palmina R. 20:20			21:20

sportspaß-Center Holsteinischer Kamp

Stand 27.08.2021