

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00	Pilates	Soft Fitness	Rücken Balance	BBRP	Mama Fitness (Eltern mit Kindern bis 3 Jahre)	Complete Body Workout	Bodyfit	10:00
10:50	Susanne Sch. 10:00	Hanna E. 10:00	Anke Sch. 10:00	Szilvia A. 10:00	Yvonne S. 10:00	Natalie H./ Frank H. 10:00	Natalie H./ Wiebke 10:00	10:50
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
11:30	Yin Yoga	BBRP	PAUSE	Yin Yoga	Tough Class	Power yoga	Vinyasa Flow Yoga	11:30
12:20	Petra P. 11:30	Katja Ö./Jana H. 11:30		Taruna 11:30	Natalie H. 11:30	Raimund S./Lilija J. 11:30	Petra P. 11:30	12:20
	Pause	Pause	Pause	Pause	Pause		Pause	
13:00	PAUSE	PAUSE	Kindertanz/Balett 3-5 Jahre	PAUSE	PAUSE	PAUSE	PAUSE	13:00
13:50			Sandra V. 13:00					13:50
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
14:30	PAUSE	PAUSE	Hip Hop for Kids ab 8 Jahre	PAUSE	PAUSE	PAUSE	Soft Fitness Start KW36	14:30
15:20			Joel 14:30				Alexela 14:30	15:20
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
16:00	Complete Body Workout	PAUSE	STRONGNation ZUMBA™	Hip Hop for Kids ab 8 Jahre	Step Fatburner	ZUMBA® Fitness	Standard-Latein 2	16:00
16:50	Chaouki E. 16:00		Rosemary 16:00	Joel 16:00	Svenja O. 16:00	Natalja 16:00	Christian H.Katja A. 16:00	16:50
	Pause	Pause	Pause	Pause	Pause	Pause	Pause	
17:30	ZUMBA® Gold	Tough Class	Complete Body Workout	deep Work	Standard-Latein	<h1>Gym 1</h1>		17:30
18:20	Fabio P. 17:30	Mustapha B. 17:30	Natalie H. 17:30	Liane D. 17:30	Jascha / Dorothee 17:30			18:20
	Pause	Pause	Pause	Pause	Pause			
19:00	BBRP	NIA	Power Yoga	Rücken Power	Salsa Dance			19:00
19:50	Simone L. 19:00	Laura A. 19:00	Aleksandra Z. 19:00	Patrycia S. 19:00	Christian 19:00			19:50
	Pause	Pause	Pause	Pause	Pause			
20:30	Power Yoga	deep Work	Yin-Yoga	Complete Body Workout	Bodyfit			20:30
21:20	Alexandra K. 20:30	Natalie H. 20:30	Aleksandra Z. 20:30	Natalie/Simone 20:30	Patrycia S. 20:30			21:20
	Pause	Pause	Pause	Pause	Pause			

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
11:00	Gymnastik	Pilates	Energy Dance	Step Fatburner	Complete Body Workout	Fatburner	Complete Body Workout	11:00	
11:30	Susanne Sch. 11:00	Hanna E. 11:00	Anke Sch. 11:00	Szilvia A. 11:00	Yvonne 11:00	Natalie H. Frank H 11:00	Natalie H. //Wiebke 11:00	11:50	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
12:30	Hatha-Yoga	Cardiorobic	PAUSE	Geblockt für Reha Zentrum Harburg 12:30 - 14.00 Uhr	Cardiorobic	Hatha Yoga	Yin Yoga	12:30	
13:20	Petra P. 12:30	Jana H. / Katja Ö. 12:30			Natalie H. 12:30	Raimund S./Lilija 12:30	Petra P. 12:30	13:20	
	Pause	Pause	Pause		Pause	Pause	Pause	Pause	
14:00	BBRP	PAUSE	Kindertanz/Balet 5-8 Jahre		PAUSE	PAUSE	PAUSE	ZUMBA® Fitness	14:00
14:50	Wiebke 14:00		Sandra V 14:00				Natalja 14:00	14:50	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
15:30	PAUSE	PAUSE	Hip Hop for Kids 8 - 14 Jahre	PAUSE	PAUSE	PAUSE	Oriental Dance KW36	15:30	
16:20			Joel 15:30				Alexela 15:30	16:20	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
17:00	Tough Class	PAUSE	ZUMBA® Fitness	Dance ´N Strip	Complete Body Workout	PAUSE	Standard-Latein 1	17:00	
17:50	Chaouki 17:00		Rosemary 17:00	Joel 17:00	Svenja o. 17:00		Christian H/ Katja A. 17:00	17:50	
	Pause	Pause	Pause	Pause	Pause	Pause	Pause		
18:30	ZUMBA® Fitness	Complete Body Workout	Rücken Power	Bodyfit	Discofox	<h1>Gym 2</h1>		18:30	
19:20	Fabio 18:30	Mustapha B. 18:30	Natalie H. 18:30	Liane D. 18:30	Jascha / Dorothee 18:30			19:20	
	Pause	Pause	Pause	Pause	Pause				
20:00	Step Fatburner	Fatburner	Fit Fight Basic/Technik	Pilates	ZUMBA® Fitness			20:00	
20:50	Simone L. 20:00	Mihaela 20:00	Tanja H. 20:00	Patrycia S. 20:00	Christian 20:00			20:50	
	Pause	Pause	Pause	Pause	Pause				