

SAMSTAG

| | | GYM |
|-------|-----------------------------------|---------|
| 10:00 | Fitness | 1 |
| 10:00 | Cardio Power 1+2 | 4 |
| 10:00 | Running, 90 Min. 5-10 km | Outdoor |
| 10:30 | Mama Fitness + Rückbildung | 2 |
| 10:30 | Pilates | 3 |
| 11:00 | BBRP | 1 |
| 11:00 | Complete Body Workout | 4 |
| 11:30 | Mama Fitness | 2 |
| 11:30 | Rücken Power | 3 |
| 12:00 | Bodyfit | 1 |
| 12:00 | Fit Fight Basic/Technik | 4 |
| 12:30 | Fit mit Babybauch + Yoga, 80 min. | 2 |
| 12:30 | Hatha-Yoga 1+2 | 3 |
| 13:00 | Step Fatburner 1+2 | 1 |
| 13:00 | Complete Body Workout | 4 |
| 14:00 | Bauch Express, 30 min. | 1 |
| 14:00 | BBRP | 4 |
| 14:30 | HIIT, 30 min. | 1 |
| 15:00 | BBRP | 1 |
| 15:00 | Cardio Power 1+2 | 4 |
| 16:00 | ZUMBA@fitness | 4 |
| 16:30 | Pilates | 2 |
| 17:00 | Complete Body Workout | 4 |
| 17:30 | FASZIO | 2 |

SONNTAG

| | | GYM |
|-------|------------------------------|-----|
| 10:00 | deepWORK™ | 1 |
| 10:00 | BBRP | 4 |
| 10:30 | Specials | 2 |
| 10:30 | Hatha-Yoga 1+2 | 3 |
| 11:00 | Aerobic Dance | 1 |
| 11:00 | Cardio Power 2 | 4 |
| 11:30 | Pilates | 3 |
| 12:00 | Step Advanced | 1 |
| 12:00 | Kinderbetreuung bis 14h | 2 |
| 12:00 | Complete Body Workout | 4 |
| 12:30 | Avi Mea | 3 |
| 13:00 | BBRP | 1 |
| 13:00 | Fitness | 4 |
| 13:30 | Soft-Fitness | 3 |
| 14:00 | Complete Body Workout | 1 |
| 14:30 | BBRP | 3 |
| 15:00 | Step Fatburner 1+2 | 1 |
| 15:00 | Hip Hop 1+2 | 2 |
| 15:30 | Rücken Power & Relax | 3 |
| 16:00 | FASZIO | 1 |
| 16:00 | BBRP | 4 |
| 16:30 | Standard-Latein 2 | 2 |
| 17:00 | ZUMBA@fitness | 1 |
| 17:00 | Cardio Power 1 | 4 |
| 17:30 | Standard-Latein 1 + Discofox | 2 |
| 18:00 | Pilates | 3 |
| 19:00 | Ballett für Erwachsene 1-2 | 3 |

Legende

Kräftigung
 Ausdauer/Kräftigung
 Ausdauer
 Outdoor
 Schwangere/mit Baby

Kinderangebote
 Dance
 Wellness
 Hallensport

- Angebot sehr gut besucht

LEVELS

- keine Angabe, für jeden zugänglich
- 1 Neu- und Wiedereinsteiger, geringe Belastung, keine Vorkenntnisse
 - 2 Fortgeschrittene, mittlere bis hohe Belastung

Monatliche Beiträge

€ 5,00
Monatlich für Kinder



€ 9,30
Monatlich für Erwachsene



Einmalige Aufnahmegebühr

€ 10,00



Beitrag Fitness-Studio und Sauna
(Zusätzlich zum Grundbeitrag)

ab € 17,00

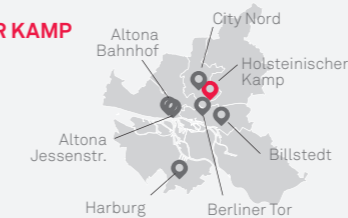
Öffnungszeiten aller Center

Mo-Fr 09:45 Uhr - 22:30 Uhr

Sa+So 09:45 Uhr - 22:00 Uhr

📍 CENTER HOLSTEINISCHER KAMP

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Gültig ab Oktober 2016

KURSPLAN HOLSTEINISCHER KAMP



MONTAG

GYM

| | | |
|-------|---------------------------------------|---|
| 10:00 | Cardio Power 1+2 | 1 |
| 10:00 | Kundalini-Yoga 1+2, 80 Min. | 3 |
| 10:00 | FASZIO | 4 |
| 10:30 | Reha-Sport Osteoporose/ Endoprothesen | 2 |
| 11:00 | Complete Body Workout | 1 |
| 11:00 | Bauch Express, 30 min. | 4 |
| 11:30 | Best Age Fitness | 2 |
| 11:30 | deepWORK™ | 3 |
| 12:00 | Bodyfit | 1 |
| 12:30 | Rücken Power | 2 |
| 13:00 | BBRP | 1 |
| 14:30 | Pampersgymnastik 3-12 Monate | 2 |
| 15:00 | Rücken Power | 4 |
| 15:30 | Pampersgymnastik 12 Monate - 2 Jahre | 2 |
| 16:00 | deepWORK™ | 1 |
| 16:00 | BBRP | 4 |
| 16:30 | Rücken Power | 2 |
| 16:30 | Soft-Fitness | 3 |
| 17:00 | Bauch Express, 30 min. | 1 |
| 17:00 | Fit Fight Basic/Technik | 4 |
| 17:30 | HIIT, 30 min. | 1 |
| 17:30 | Qi Gong | 2 |
| 17:30 | Complete Body Workout | 3 |
| 18:00 | Step Fatburner 2 | 1 |
| 18:00 | Bodyfit | 4 |
| 18:30 | NIA | 2 |
| 18:30 | ZUMBA@fitness | 3 |
| 19:00 | Tough Class | 1 |
| 19:00 | Cardio Power 1+2 | 4 |
| 19:30 | Pilates | 2 |
| 19:30 | BBRP | 3 |
| 20:00 | GINGA | 1 |
| 20:00 | Fitness | 4 |
| 20:30 | Hatha-Yoga 1+2 | 2 |
| 20:30 | Rücken Power & Relax | 3 |
| 21:00 | Bauch Express, 30 min. | 1 |
| 21:00 | BBRP | 4 |

DIENSTAG

GYM

| | | |
|-------|---------------------------------|---------|
| 10:00 | ZUMBA@fitness | 4 |
| 10:00 | Complete Body Workout | 1 |
| 10:30 | Pampersgymnastik 3-12 Monate | 2 |
| 10:30 | Rücken Power & Relax | 3 |
| 11:00 | BBRP | 4 |
| 11:00 | Pilates | 1 |
| 11:30 | Qi Gong | 2 |
| 11:30 | Best Age Fitness | 3 |
| 12:30 | Yin-Yoga | 2 |
| 12:30 | Rücken Balance | 3 |
| 13:30 | FASZIO | 2 |
| 14:00 | BBRP | 1 |
| 15:00 | Complete Body Workout | 1 |
| 15:30 | Kindertanz + Rhythmik 3-6 Jahre | 2 |
| 16:00 | BBRP | 1 |
| 16:30 | Kindertanz + Rhythmik 5-9 Jahre | 2 |
| 17:00 | Pilates | 3 |
| 17:00 | Rücken Balance | 4 |
| 17:00 | Tough Class | 1 |
| 17:30 | Avi Mea | 2 |
| 18:00 | Bodyfit | 1 |
| 18:00 | Hatha-Yoga 1+2 Sivananda | 3 |
| 18:00 | Best Age Fitness | 4 |
| 18:00 | Nordic-Walking, 90 Min. | Outdoor |
| 18:30 | Rücken Power | ● 2 |
| 19:00 | Cardio Power 1+2 | 1 |
| 19:00 | Mental Balance, 80 min. | 3 |
| 19:00 | GINGA | 4 |
| 19:30 | Bauch Express | 2 |
| 20:00 | BBRP | ● 1 |
| 20:00 | Kundalini-Yoga 1+2, 80 min. | 2 |
| 20:00 | Complete Body Workout | 4 |
| 21:00 | Fitness | 1 |
| 21:00 | Cardio Power 1+2 | 4 |

MITTWOCH

GYM

| | | |
|-------|---------------------------------|-----|
| 10:00 | Qi Gong | 1 |
| 10:00 | Cardio Power 1+2 | 4 |
| 10:30 | Bodyfit | 2 |
| 10:30 | Hatha-Yoga 1+2 | 3 |
| 11:00 | Tai Chi | 1 |
| 11:00 | BBRP | 4 |
| 11:30 | Mama Fitness & Gymnastik | 2 |
| 11:30 | Mama Fitness & Yoga | 3 |
| 12:00 | Best Age Fitness | 4 |
| 12:00 | Pilates | 1 |
| 13:00 | Rücken Power | 4 |
| 14:00 | Bodyfit | 4 |
| 15:00 | Bauch Express, 30 min. | 4 |
| 15:30 | Best Age Fitness | 3 |
| 15:30 | Kundalini-Yoga & Bauch, 80 min. | 2 |
| 15:30 | HIIT, 30 min. | 4 |
| 16:00 | Avi Mea | 4 |
| 16:00 | BBRP | ● 1 |
| 16:30 | Rücken Balance | 3 |
| 17:00 | Complete Body Workout | ● 1 |
| 17:00 | Sport für Schwangere | 4 |
| 17:00 | Pilates | 2 |
| 17:30 | Fitness für Mollige | 3 |
| 18:00 | Cardio Power 2 | 1 |
| 18:00 | Hatha-Yoga 1+2, 80 min. | 2 |
| 18:00 | GINGA | 4 |
| 18:30 | Rücken Power & Relax | 3 |
| 19:00 | Bauch Express, 30 min. | 1 |
| 19:00 | deepWORK™ | ● 4 |
| 19:30 | HIIT, 30 min. | 1 |
| 19:30 | FASZIO | 2 |
| 19:30 | Best Age Fitness | 3 |
| 20:00 | Complete Body Workout | 1 |
| 20:00 | BBRP | 4 |
| 20:30 | Yin-Yoga | 2 |
| 20:30 | Pilates | 3 |
| 21:00 | Fitness | 1 |
| 21:00 | ZUMBA@fitness | 4 |

DONNERSTAG

GYM

| | | |
|-------|--------------------------------------|---|
| 10:00 | BBRP | 1 |
| 10:00 | GINGA | 4 |
| 10:00 | Pampersgymnastik 3-12 Monate | 2 |
| 10:30 | Rücken Power | 3 |
| 11:00 | Cardio Power 1 | 1 |
| 11:00 | Complete Body Workout | 4 |
| 11:00 | Mama Fitness & Yoga | 2 |
| 11:30 | Yogalates | 3 |
| 12:00 | Tough Class | 1 |
| 13:00 | Bodyfit | 1 |
| 14:30 | Pampersgymnastik 3-12 Monate | 2 |
| 15:30 | Pampersgymnastik 12 Monate - 2 Jahre | 2 |
| 16:00 | BBRP | 1 |
| 16:30 | Rücken Balance | 2 |
| 17:00 | Cardio Power 1+2 | 4 |
| 17:00 | Tough Class | 1 |
| 17:30 | Bauchtanz | 2 |
| 17:30 | Pilates | 3 |
| 18:00 | Step Advanced | 1 |
| 18:00 | Complete Body Workout | 4 |
| 18:30 | NIA | 2 |
| 18:30 | Soft-Fitness | 3 |
| 19:00 | Fit Fight Kombi | 1 |
| 19:00 | Bodyfit | 4 |
| 19:30 | BBRP | 2 |
| 19:30 | FASZIO | 3 |
| 20:00 | Bodyfit | 1 |
| 20:00 | Hip Hop 1 | 4 |
| 20:30 | Rücken Power & Relax | 2 |
| 20:30 | Power Yoga | 3 |
| 21:00 | ZUMBA@fitness | 1 |

FREITAG

GYM

| | | |
|-------|-------------------------------------|---|
| 09:45 | Kinderbetreuung bis 12:00h | 2 |
| 10:00 | Cardio Power 1+2 | 1 |
| 10:00 | BBRP | 4 |
| 10:30 | Rücken Power & Relax | 3 |
| 11:00 | Complete Body Workout | 1 |
| 11:00 | Soft-Fitness | 4 |
| 11:30 | Power-Yoga | 3 |
| 12:00 | Best Age Fitness | 1 |
| 12:00 | ZUMBA@fitness | 4 |
| 12:30 | Yogalates | 3 |
| 13:00 | BBRP | 1 |
| 15:00 | Tough Class | 1 |
| 15:00 | BBRP | 4 |
| 15:30 | Kindertanz + Rhythmik 3-5 Jahre | 2 |
| 16:00 | Complete Body Workout | 1 |
| 16:30 | Kindertanz + Rhythmik 5-7 Jahre | 2 |
| 17:00 | Bodyfit | 1 |
| 17:30 | Tai Chi 1+2 | 2 |
| 17:30 | Rücken Balance | 3 |
| 18:00 | deepWORK™ | 1 |
| 18:00 | GINGA | 4 |
| 18:30 | Pilates | 2 |
| 18:30 | FASZIO | 3 |
| 19:00 | Zum-Dance | 1 |
| 19:00 | BBRP | 4 |
| 19:30 | Salsa-Merengue-Bachata 1+2, 80 min. | 2 |
| 19:30 | Yin Yoga | 3 |
| 20:00 | Kizomba | 1 |
| 20:00 | Cardio Power 1+2 | 4 |
| 21:00 | BBRP | 4 |