SAMSTAG

		GYM
10:00	BBRP	2
10:15	Yogalates	3
10:30	Soft-Fitness	1
11:00	Cardio Power 1+2	2
11:15	Power-Yoga	3
11:30	Rücken Power	1
12:00	ZUMBA®fitness	2
12:15	NIA	3
12:30	Complete Body Workout	1
13:00	Fit Fight Basic/ Technik	2
13:15	Stretch & Relax	3
13:30	Pilates	1
14:00	Step Faburner 1+2	2
14:30	BBRP	1
15:15	Rücken Balance	3
15:30	Bodyfit	1
16:15	Avi Mea	3
16:30	ZUMBA®fitness	1
17:00	Cardio Power 1+2	2
17:15	Tango Argentino 1	3
17:30	Salsa-Dance 1+2	1
18:00	BBRP	2
18:15	Tango Argentino 2	3
19:15	Kizomba 1+2	3

SONNTAG

		GYM
10:00	Complete Body Workout	2
10:15	Rücken Balance	3
10:30	deepWORK™	1
11:00	Cardio Power 1+2	2
11:15	Pilates	3
11:30	Bauch-Express, 30 Min.	1
12:00	HIIT, 30 Min.	1
12:15	Hatha-Yoga 1+2	3
12:30	BBRP	1
13:15	Stretch & Relax	3
13:30	Rücken Power	1
14:00	Bodyfit	2
14:15	Modern Style Tai Chi	3
14:30	ZUMBA®fitness	1
15:00	Cardio Power 1+2	2
15:15	Standard-Latein 1	3
15:30	Avi Mea	1
16:00	Fit Fight Kombi	2
16:15	Standard-Latein 2	3
16:30	Salsa-Dance 1+2	1
17:00	Bodyfit	2
17:15	ZUMBA®fitness	3
17:30	BBRP	1
18:00	Step Fatburner 1+2	2
18:15	Kizomba 1+2	3
18:30	deepWORK™	1
19:00	BBRP	2
19:15	Salsa 1	3
20:15	Salsa 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

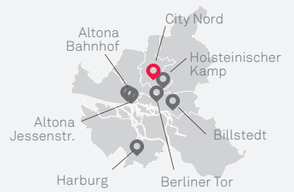
€ 5,00 Monatlich für Kinder	€ 9,30 Monatlich für Erwachsene
Einmalige Aufnahmegebühr	€ 10,00
Beitrag Fitness-Studio und Sauna (Zusätzlich zum Grundbeitrag)	ab € 17,00

Öffnungszeiten aller Center

Mo-Fr 09:45 Uhr - 22:30 Uhr
Sa+So 09:45 Uhr - 22:00 Uhr

CENTER CITY NORD
Überseering 19-31
22297 Hamburg
fon: (040) 670 479 99
fax: (040) 671 062 97

facebook.com/sportspass



KURSPLAN CITY NORD

www.sportspass.de sportspaß

Gültig ab Oktober 2016

MONTAG

		GYM
10:00	Pampersgymnastik 3-12 Monate	2
10:15	Rücken Power	3
10:30	BBRP	1
11:00	Pampersgymnastik 12 Monate-2 Jahre	2
11:15	Pilates	3
11:30	Cardio power 1+2	1
12:00	ZUMBA®fitness	2
12:30	Rücken Power	1
13:00	Bodyfit	2
13:15	Flow-Yoga	3
13:30	Soft-Fitness	1
14:00	BBRP	2
14:15	Pilates Flow, 80 Min.	3
15:00	Mama Fitness	2
15:30	deepWORK™	1
15:45	Yin Yoga, 80 Min.	3
16:00	Complete Body Workout	2
16:30	BBRP	1
17:00	ZUMBA®fitness	2
17:15	Pilates	3
17:30	Rücken Power	1
18:00	BBRP ●	2
18:15	Power-Yoga	3
18:30	Cardio Power 1+2 ●	1
19:00	Fit Fight Basic/Technik	2
19:15	Samba/Samba-Reggae 1	3
19:30	Running 5-10km	Outdoor
19:30	Pilates	1
20:00	Complete Body Workout	2
20:15	Samba/Samba-Reggae 2	3
20:30	Bodyfit	1
21:00	ZUMBA®fitness	2

DIENSTAG

		GYM
10:00	BBRP	2
10:15	Power-Yoga	3
10:30	Pilates	1
11:00	Step Fatburner 1+2	2
11:15	Rücken Power	3
11:30	Tough Class	1
12:00	ZUMBA®fitness	2
12:15	FASZIO	3
12:30	BBRP	1
13:15	Yogalates	3
13:30	Rücken Power	1
14:15	Hatha Yoga + Relax 1+2, 80 Min.	3
14:30	Best Age Fitness	1
15:30	BBRP	1
16:00	Complete Body Workout	2
16:15	ZUMBA®fitness	3
16:30	Pilates	1
17:00	Cardio Power 1+2	2
17:15	Ballett Workout	3
17:30	Running 10 km	Outdoor
17:30	NIA	1
18:00	Fitness, 80 Min.	2
18:15	Ballett 1+2	3
18:30	Rücken Power	1
19:15	Running 5-10 km	Outdoor
19:15	Hatha Yoga + Relax 1	3
19:30	DISCO PARTY - just dance	1
19:30	Bauch-Express, 30 Min.	2
20:00	Step Fatburner 1+2 ●	2
20:15	Hatha-Yoga Meditation 2	3
20:30	ZUMBA®fitness	1
21:00	Fit Fight Basic/ Technik	2

MITTWOCH

		GYM
10:00	Mama Fitness	2
10:00	Breath-Walk Outdoor	Outdoor
10:15	Pilates	3
10:15	Cardio Power 1+2	1
11:00	BBRP	2
11:15	Rücken Balance	3
11:30	Complete Body Workout	1
12:00	ZUMBA®fitness	2
12:15	Power-Yoga	3
12:30	BBRP	1
13:15	Pilates	3
13:30	HIIT, 30 Min.	1
14:00	Bauch Express, 30 Min.	1
14:15	FASZIO	3
14:30	Soft-Fitness	1
15:15	Flow-Yoga	3
15:30	BBRP	1
16:00	Tough Class	2
16:15	Qi Gong	3
16:30	Bodyfit	1
17:00	Step Fatburner 1+2	2
17:15	Avi Mea	3
17:30	ZUMBA®fitness	1
18:00	Fit Fight Basic/ Technik	2
18:15	Pilates	3
18:30	Running 5-10 km	Outdoor
18:30	Rücken Power	1
19:00	Soft-Fitness	2
19:15	Strech & Relax	3
19:30	GINGA	1
20:00	Running Laufstilschulung	Outdoor
20:00	Complete Body Workout	2
20:15	Rücken Power	3
20:30	DISCO PARTY - just dance	1
21:00	BBRP	2

DONNERSTAG

		GYM
10:00	Mama Fitness	2
10:00	Nordic Walking/Walking	Outdoor
10:15	NIA	3
10:30	Cardio Power 1+2	1
11:00	Pampersgymnastik 3-12 Monate	2
11:15	Power-Yoga	3
11:30	BBRP	1
12:00	Soft-Fitness	2
12:15	Rücken Power	3
13:00	Complete Body Workout	2
13:15	deepWORK™	3
14:15	Pilates	3
14:30	ZUMBA®fitness	1
15:00	Erlebnissport 2-8 Jahre	2
15:15	Kindertanz/Ballett/Rhythmik 4-5 Jahre	3
15:30	BBRP	1
16:00	Erlebnissport 4-8 Jahre	2
16:15	Flow-Yoga	3
16:30	Rücken Power	1
17:00	Fit Fight Kombi	2
17:15	Hatha-Yoga 1+2	3
17:30	Running 12-20 km	Outdoor
17:30	BBRP	1
18:00	Walking	Outdoor
18:00	Complete Body Workout	2
18:15	Feldenkrais	3
18:30	FASZIO	1
19:00	Cardio Power 2	2
19:15	Pilates	3
19:30	Dance ´n strip	1
20:00	Salsa 1 Single	2
20:15	Hatha Yoga 1+2, Rücken	3
20:30	Complete Body Workout	1
21:00	Salsa 1	2

FREITAG

		GYM
10:00	Mama Fitness	2
10:00	Breath-Walk	Outdoor
10:15	Hatha-Yoga 1+2	3
10:30	Bodyfit	1
11:00	Fitness für Minis 2-4 Jahre	2
11:15	Kundalini-Yoga 1+2	3
11:30	Cardio Power 1+2	1
12:00	ZUMBA®fitness	2
12:15	Tai Chi 1	3
12:30	BBRP	1
13:00	deepWORK™	2
13:15	Tai Chi 2	3
13:30	Rücken Power	1
14:15	Pilates	3
14:30	BBRP	1
15:15	Flow-Yoga	3
15:30	Rücken Power	1
16:00	Complete Body Workout	2
16:15	ZUMBA®fitness	3
16:30	Cardio Power 1+2	1
17:00	Step Advanced	2
17:15	Kundalini-Yoga 1+2	3
17:30	Soft-Fitness	1
18:00	Tough Class	2
18:15	Rücken Power	3
18:30	NIA	1
19:00	HIIT, 30 Min.	2
19:15	Standard-Latein 2	3
19:30	Bauch-Express, 30 Min.	2
19:30	BBRP	1
20:00	deepWORK™	2
20:15	Discofox 2	3
20:30	Pilates	1
21:00	ZUMBA®fitness	2