

| | | |
|-------|----------------------------|---|
| 14:30 | Modern Style Tai Chi | 1 |
| 15:00 | BBRP | 2 |
| 15:30 | Rücken Balance | 1 |
| 16:00 | Complete Body Workout | 2 |
| 16:30 | Pilates | 1 |
| 17:00 | deepWORK™ | 2 |
| 17:30 | NIA | 1 |
| 18:00 | Complete Body Workout | 2 |
| 18:30 | Ballett für Erwachsene | 1 |
| 19:00 | ZUMBA@fitness | 2 |
| 19:30 | Salsa-Merengue-Bachata 1-2 | 1 |
| 20:00 | Tough Class | 2 |
| 20:30 | Power-Yoga | 1 |

SAMSTAG JESSENSTRASSE

| | | |
|-------|-------------------------------|---|
| 10:00 | Hatha-Yoga 1+2 | 1 |
| 10:30 | BBRP | 2 |
| 11:00 | Rücken Power | 1 |
| 11:30 | Bodyfit | 2 |
| 12:00 | Fitness für Minis 2-4 Jahre | 1 |
| 12:30 | Complete Body Workout | 2 |
| 13:30 | Kraftfit | 2 |
| 14:00 | ZUMBA@fitness | 1 |
| 15:00 | Hatha-Yoga 1+2 | 1 |
| 16:00 | Pilates | 1 |
| 16:30 | Step Fatburner 1+2 | 2 |
| 17:00 | Avi Mea | 1 |
| 17:30 | BBRP | 2 |
| 18:00 | Hatha-Yoga 1+2 | 1 |
| 18:30 | Discofox 1+2 + Singles | 2 |
| 19:00 | Stretch & Relax | 1 |
| 19:30 | Standard-Latein 1+2 + Singles | 2 |

SAMSTAG BAHNHOF

| | | |
|-------|--------------------------|---|
| 10:00 | ZUMBA@fitness | 2 |
| 10:00 | Soft-Fitness | 1 |
| 11:00 | Complete Body Workout | 2 |
| 11:00 | Erlebnissport 3-8 Jahre | 1 |
| 12:00 | Cardio Power 1+2 | 2 |
| 12:00 | Ballett-Workout | 1 |
| 13:00 | BBRP | 2 |
| 13:00 | Stretch & Relax, 30 Min. | 1 |
| 13:30 | Hatha-Yoga 1+2 | 1 |
| 14:00 | Bodyfit | 2 |
| 14:30 | Rücken Power | 1 |
| 15:00 | Step Fatburner 1+2 | 2 |
| 15:30 | Pilates | 1 |
| 16:00 | Complete Body Workout | 2 |
| 16:30 | Power-Yoga | 1 |
| 17:00 | Cardio Power 1 | 2 |
| 17:30 | Avi Mea | 1 |
| 18:00 | BBRP | 2 |
| 18:30 | ZUMBA@fitness | 1 |
| 19:30 | Bauch Express, 30 Min. | 1 |

SONNTAG JESSENSTRASSE

| | | |
|-------|--------------------------|---|
| 10:30 | Power-Yoga | 1 |
| 10:30 | Complete Body Workout | 2 |
| 11:30 | Hatha-Yoga 1+2 | 1 |
| 11:30 | Bodyfit | 2 |
| 12:30 | Kraftfit | 2 |
| 13:30 | BBRP | 2 |
| 16:30 | Specials, 80 Min. | 2 |
| 16:30 | Pilates | 1 |
| 17:30 | Strech & Relax | 1 |
| 18:00 | Complete Body Workout | 2 |
| 18:30 | Salsa-Merengue-Bachata 1 | 1 |
| 19:00 | Bauch Express, 30 Min. | 2 |
| 19:30 | Rücken Express, 30 Min. | 2 |
| 19:30 | Salsa-Merengue-Bachata 2 | 1 |

SONNTAG BAHNHOF

| | | |
|-------|-------------------------|---------|
| 10:00 | BBRP | 2 |
| 10:30 | Fitness f. Mollige | 1 |
| 11:00 | Step Advanced | 2 |
| 11:30 | Rücken Power | 1 |
| 12:00 | Complete Body Workout | 2 |
| 12:30 | Mental Balance | 1 |
| 13:00 | Step Fatburner 1+2 | 2 |
| 13:30 | Stretch & Relax | 1 |
| 14:00 | BBRP | 2 |
| 14:30 | Pilates | 1 |
| 15:00 | Complete Body Workout | 2 |
| 15:00 | Outdoor-Fitness 90 Min. | Outdoor |
| 15:30 | Hatha-Yoga 1+2 | 1 |
| 16:00 | ZUMBA@fitness | 2 |
| 16:30 | Standard-Latein 1 | 1 |
| 17:00 | deepWORK™ | 2 |
| 17:30 | Standard-Latein 2 | 1 |
| 18:00 | Cardio Power 1+2 | 2 |
| 18:30 | Ballett 1+2 | 1 |
| 19:00 | Tango Argentino 1 | 2 |
| 19:30 | Ballett 2 | 1 |
| 20:00 | Tango Argentino 2 | 2 |
| 20:30 | Pilates | 1 |

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

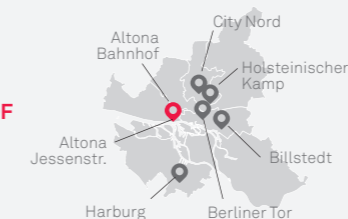
Sa+So 09:45 Uhr - 22:00 Uhr

📍 CENTER ALTONA JESSENSTR.

Jessenstraße 6
22767 Hamburg
fon: (040) 38 90 422 0
fax: (040) 38 90 422 11

📍 CENTER ALTONA BAHNHOF

Paul-Neumann-Platz 13
22765 Hamburg
fon.: (040) 39 80 888 0
fax: (040) 39 80 888 8



www.sportspass.de

sportspass

facebook.com/sportspass

www.sportspass.de

sportspass

Gültig ab Oktober 2016

KURSPLAN ALTONA



MONTAG JESSENSTRASSE

| | | GYM |
|-------|------------------------------|-----|
| 10:00 | Mama Fitness bis 3 Jahre | 1 |
| 10:30 | Kraftfit | 2 |
| 11:00 | Pampersgymnastik 3-12 Monate | 1 |
| 11:30 | Bodyfit | 2 |
| 12:00 | Pilates | 1 |
| 12:30 | Complete Body Workout | 2 |
| 13:00 | Power-Yoga | 1 |
| 14:30 | BBRP | 2 |
| 15:00 | ZUMBA@fitness | 1 |
| 15:30 | Kraftfit | 2 |
| 16:00 | Rücken Power | 1 |
| 16:30 | Complete Body Workout | 2 |
| 17:00 | Soft-Fitness | 1 |
| 17:30 | deepWORK™ | 2 |
| 18:00 | Pilates | 1 |
| 18:30 | Complete Body Workout | 2 |
| 19:00 | FASZIO | 1 |
| 19:30 | GINGA | 2 |
| 20:00 | Tango Argentino 1 | 1 |
| 20:30 | Oriental-Dance | 2 |
| 21:00 | Tango Argentino 2 | 1 |

MONTAG BAHNHOF

| | | GYM |
|-------|--------------------------|---------|
| 10:00 | BBRP | 2 |
| 10:30 | Mental Balance | 1 |
| 11:00 | Bodyfit | 2 |
| 11:30 | Rücken Balance | 1 |
| 12:00 | Complete Body Workout | 2 |
| 12:30 | Hatha-Yoga 1 | 1 |
| 13:00 | Step Fatburner 1+2 | 2 |
| 13:30 | Pilates | 1 |
| 14:00 | BBRP | 2 |
| 14:30 | Kundalini-Yoga 1+2 | 1 |
| 15:00 | GINGA | 2 |
| 15:30 | Soft-Fitness | 1 |
| 16:00 | Bodyfit | 2 |
| 16:30 | Feldenkrais | 1 |
| 17:00 | BBRP | 2 |
| 17:30 | Fitness für Mollige | 1 |
| 18:00 | Aerobic Advanced Dance | 2 |
| 18:00 | Nordic Walking | Outdoor |
| 18:30 | Stretch & Relax | 1 |
| 19:00 | Complete Body Workout | 2 |
| 19:00 | Running 2-7 km | Outdoor |
| 19:30 | DISCO PARTY - just dance | 1 |
| 20:00 | Cardio Power 1+2 | 2 |
| 20:30 | ZUMBA@fitness | 1 |
| 21:00 | BBRP | 2 |

DIENSTAG JESSENSTRASSE

| | | GYM |
|-------|-----------------|-----|
| 10:00 | Pilates | 1 |
| 10:30 | ZUMBA@fitness | 2 |
| 11:00 | Stretch & Relax | 1 |
| 11:30 | BBRP | 2 |

| | | |
|-------|-------------------------|---|
| 12:00 | Rücken Power | 1 |
| 12:30 | Rücken Express, 30 Min. | 2 |
| 13:00 | Qi Gong | 1 |
| 13:00 | Bauch Express, 30 Min. | 2 |
| 13:30 | Complete Body Workout | 2 |
| 15:00 | FASZIO | 1 |
| 15:30 | Pilates | 2 |
| 16:00 | Oriental-Dance | 1 |
| 16:30 | Kraftfit | 2 |
| 17:00 | ZUMBA@fitness | 1 |
| 17:30 | deepWORK™ | 2 |
| 18:00 | Ballett 1+2 | 1 |
| 18:30 | Tough Class | 2 |
| 19:00 | Pilates | 1 |
| 19:30 | Cardio Power 1+2 | 2 |
| 20:00 | ZUMBA@fitness | 1 |
| 20:30 | BBRP | 2 |
| 21:00 | Complete Body Workout | 1 |

DIENSTAG BAHNHOF

| | | GYM |
|-------|--------------------------------|-----|
| 10:00 | Soft-Fitness | 1 |
| 10:30 | Cardio Power 1+2 | 2 |
| 11:00 | Pilates | 1 |
| 11:30 | Complete Body Workout | 2 |
| 12:00 | Power-Yoga | 1 |
| 12:30 | Fit mit Babybauch | 2 |
| 13:00 | Rücken Power | 1 |
| 13:30 | BBRP | 2 |
| 14:00 | Kindertanz + Ballett 3-5 Jahre | 1 |
| 14:30 | Bodyfit | 2 |
| 15:00 | Kindertanz + Ballett 6-9 Jahre | 1 |
| 15:30 | BBRP | 2 |
| 16:30 | Step Fatburner 1 | 2 |
| 17:00 | NIA | 1 |
| 17:30 | Complete Body Workout | 2 |
| 18:00 | ZUMBA@fitness | 1 |
| 18:30 | Step Advanced | 2 |
| 19:00 | Qi Gong | 1 |
| 19:30 | BBRP | 2 |
| 20:00 | Tai Chi 1+2 | 1 |
| 20:30 | Cardio Power 1+2 | 2 |
| 21:00 | Flow-Yoga | 1 |

MITTWOCH JESSENSTRASSE

| | | GYM |
|-------|--------------------------|-----|
| 10:00 | Mama Fitness bis 3 Jahre | 1 |
| 10:30 | Complete Body Workout | 2 |
| 11:00 | Soft-Fitness | 1 |
| 11:30 | deepWORK™ | 2 |
| 12:00 | Feldenkrais | 1 |
| 12:30 | Kraftfit | 2 |
| 13:00 | Yin-Yoga | 1 |
| 13:30 | Complete Body Workout | 2 |
| 14:00 | Rücken Balance | 1 |
| 15:00 | Pilates | 1 |
| 16:00 | FASZIO | 1 |
| 16:30 | BBRP | 2 |

| | | |
|-------|------------------------|---|
| 17:00 | Kundalini-Yoga 1+2 | 1 |
| 17:30 | Kraftfit | 2 |
| 18:00 | ZUMBA@fitness | 1 |
| 18:30 | Cardio Power 1+2 | 2 |
| 19:00 | Pilates | 1 |
| 19:30 | BBRP | 2 |
| 20:00 | Hatha-Yoga 1+2 | 1 |
| 20:30 | Kraftfit | 2 |
| 21:00 | Stretch & Relax | 1 |
| 21:30 | Bauch Express, 30 Min. | 2 |

MITTWOCH BAHNHOF

| | | GYM |
|-------|--------------------------------|---------|
| 10:00 | Step Advanced | 2 |
| 10:30 | Rücken Power | 1 |
| 11:00 | Complete Body Workout | 2 |
| 11:30 | Pilates | 1 |
| 12:00 | Hatha-Yoga 1+2 | 2 |
| 12:30 | FASZIO | 1 |
| 13:00 | Complete Body Workout | 2 |
| 13:30 | Pilates | 1 |
| 14:00 | Step Fatburner 1+2 | 2 |
| 14:30 | Kindertanz + Ballett 4-6 Jahre | 1 |
| 15:00 | BBRP | 2 |
| 15:30 | Avi Mea | 1 |
| 16:00 | Cardio Power 1+2 | 2 |
| 16:30 | Soft-Fitness | 1 |
| 17:00 | Modern Dance | 2 |
| 17:30 | Pilates | 1 |
| 18:00 | DISCO PARTY - just dance | 2 |
| 18:30 | Rücken Power | 1 |
| 19:00 | BBRP | 2 |
| 19:00 | Running 2-7 km | Outdoor |
| 19:30 | Salsa-Merengue-Bachata 1 | 1 |
| 20:00 | Fit Fight Kombi | 2 |
| 20:30 | Salsa-Merengue-Bachata 2 | 1 |
| 21:00 | ZUMBA@fitness | 2 |

DONNERSTAG JESSENSTRASSE

| | | GYM |
|-------|--------------------------|-----|
| 10:00 | Beckenboden | 1 |
| 10:30 | Kundalini-Yoga 1+2 | 2 |
| 11:00 | Pilates | 1 |
| 11:30 | Complete Body Workout | 2 |
| 12:30 | Avi Mea | 2 |
| 13:00 | Yogalates | 1 |
| 13:30 | Bodyfit | 2 |
| 14:00 | FASZIO | 1 |
| 14:30 | Kraftfit | 2 |
| 15:00 | Yin-Yoga | 1 |
| 15:30 | BBRP | 2 |
| 16:00 | Hip Hop für Kids & Teens | 2 |
| 16:30 | Fit Fight Kombi | 2 |
| 17:00 | Hip Hop 1+2 | 1 |
| 17:30 | deepWORK™ | 2 |
| 18:00 | Avi Mea | 1 |
| 18:30 | BBRP | 2 |
| 19:00 | Cardio Power 1+2 | 1 |
| 19:30 | Bodyfit | 2 |
| 20:00 | Standard-Latein 1+2 | 1 |
| 20:30 | Complete Body Workout | 2 |
| 21:00 | Discofox 1+2 | 1 |

DONNERSTAG BAHNHOF

| | | GYM |
|-------|------------------------|-----|
| 10:00 | BBRP | 2 |
| 10:00 | Qi Gong, 80 Min. | 1 |
| 11:00 | deepWORK™ | 2 |
| 11:30 | Rücken Power | 1 |
| 12:00 | Bodyfit | 2 |
| 12:30 | FASZIO | 1 |
| 13:00 | ZUMBA@fitness | 2 |
| 13:30 | RückenExpress, 30 Min. | 1 |
| 14:00 | BauchExpress, 30 Min. | 1 |
| 14:00 | Complete Body Workout | 2 |
| 14:30 | GINGA | 1 |
| 15:00 | Tough Class | 2 |
| 15:30 | Pilates | 1 |
| 16:00 | Cardio Power 2 | 2 |
| 16:30 | Power-Yoga | 1 |
| 17:00 | BBRP | 2 |
| 17:30 | Rücken Power | 1 |
| 18:00 | ZUMBA@fitness | 2 |
| 18:30 | Pilates | 1 |
| 19:00 | deepWORK™ | 2 |
| 19:30 | Qi Gong | 1 |
| 20:00 | Cardio Power 1+2 | 2 |
| 20:30 | FASZIO | 1 |
| 21:00 | BBRP | 2 |

FREITAG JESSENSTRASSE

| | | GYM |
|-------|-----------------------------|-----|
| 10:00 | Rücken Power | 1 |
| 10:30 | Best Age Fitness | 2 |
| 11:00 | FASZIO | 1 |
| 11:30 | Kraftfit | 2 |
| 12:00 | Soft-Fitness | 1 |
| 12:30 | GINGA | 2 |
| 13:00 | Pilates | 1 |
| 15:30 | Bodyfit | 2 |
| 16:00 | Power-Yoga | 1 |
| 16:30 | BBRP | 2 |
| 17:00 | Rücken Power | 1 |
| 17:30 | Fit Fight Kombi | 2 |
| 18:00 | Pilates | 1 |
| 18:30 | Tough Class | 2 |
| 19:00 | Hatha-Yoga 1+2 + Meditation | 1 |
| 19:30 | Kraftfit | 2 |
| 21:00 | Kizomba | 1 |

FREITAG BAHNHOF

| | | GYM |
|-------|-----------------------|-----|
| 10:00 | Complete Body Workout | 2 |
| 10:00 | Rücken Power | 1 |
| 11:00 | Cardio Power 1 | 2 |
| 11:00 | Hatha-Yoga 2, 80 Min. | 1 |
| 12:00 | Complete Body Workout | 2 |
| 12:30 | Pilates | 1 |
| 13:00 | BBRP | 2 |
| 13:30 | FASZIO | 1 |
| 14:00 | Step Fatburner 1+2 | 2 |