

14:30	SALSATION®	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	1
19:00	ZUMBA® fitness	2
19:30	Salsa 1 + Singles	1
20:00	Tough Class	2
20:30	Power-Yoga	1

SAMSTAG JESSENSTRASSE

10:00	Hatha-Yoga	1
10:30	BBRP	2
11:00	Rücken Power	1
11:30	Bodyfit	2
12:00	Abenteuer Bewegung 2 - 4 Jahre	1
12:30	Complete Body Workout	2
13:30	Kraftfit	2
14:00	ZUMBA®fitness	1
15:00	Hatha-Yoga	1
16:00	Pilates	1
16:30	BBRP	2
17:00	Mental Balance	1
17:30	DANCE 'n Fitness	2
18:00	Hatha-Yoga	1
18:30	Discofox 2 + Singles	2
19:00	Stretch & Relax	1
19:30	Standard-Latein 1 + Singles	2

SAMSTAG BAHNHOF

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

SONNTAG JESSENSTRASSE

10:00	Mama Fitness-Yoga	1
10:30	Complete Body Workout	2
11:00	Power-Yoga	1
11:30	Bodyfit	2
12:00	Hatha-Yoga	1
12:30	Kraftfit	2
13:30	BBRP	2
16:30	Specials, 80 Min.	2
16:30	Pilates	1
17:30	Stretch & Relax	1
18:00	Complete Body Workout	2
18:30	Salsa 1	1
19:00	Bauch Express, 30 Min.	2
19:30	Rücken Express, 30 Min.	2
19:30	Salsa 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	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
16:00	ZUMBA® fitness	2
16:30	deepRelax	1
17:00	deepWORK™	2
17:30	Standard-Latein 1	1
18:00	Cardio Power	2
18:30	Ballett für Erwachsene	1
19:00	Tango Argentino 1	2
19:30	Ballett für Erwachsene 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

€ 5,50
Monatlich für Kinder



€ 9,90
Monatlich für Erwachsene



Einmalige Aufnahmegebühr € 10,00

HH Beitrag Fitness-Studio und Sauna (Zusätzlich zum Grundbeitrag) ab € 17,00

Öffnungszeiten aller Center

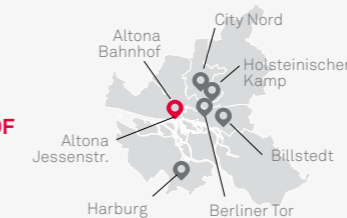
Mo-Fr	09:45 Uhr – 22:30 Uhr
Sa	09:45 Uhr – 21:00 Uhr
So	09:45 Uhr – 22:00 Uhr

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Gültig ab April 2018



MONTAG JESSENSTRASSE GYM

10:00	Mama Fitness bis 3 Jahre	1
10:30	Kraftfit	2
11:00	Babys in Bewegung 3 - 8 Monate	1
11:30	Cardio Power	2
12:00	Pilates	1
12:30	Bewegte Pause - BBRP, 30 Min.	2
13:00	Power-Yoga	1
14:30	ZUMBA@fitness	2
15:30	Kraftfit	2
16:00	Rücken Power	1
16:30	Complete Body Workout	2
17:00	Yogalates	1
17:30	deepWORK™	2
18:00	Pilates	● 1
18:30	Complete Body Workout	● 2
19:00	FASZIO	1
19:30	Step Fatburner	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	Step Fatburner	2
11:30	Rücken Balance	● 1
12:00	Complete Body Workout	2
12:30	Hatha-Yoga 1	1
13:00	Cardio Power	2
13:30	Pilates	1
14:00	BBRP	2
14:30	Kundalini-Yoga	1
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	DANCE 'n Fitness Advanced	2
18:00	Nordic Walking, 90 Min.	Outdoor
18:30	Stretch & Relax	1
19:00	Complete Body Workout	● 2
19:30	DISCO PARTY - just dance	1
20:00	Cardio Power	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	Bewegte Pause - Po Shaping, 30 Min.	2
13:00	Qi Gong	1
13:00	Bewegte Pause - Bauch Express, 30 Min.	2
13:30	BBRP	2
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
18:30	Tough Class	2
19:00	Pilates	● 1
19:30	Cardio Power	2
20:00	DANCE 'n Fitness	1
20:30	BBRP	2
21:00	Bauch Express, 30 Min.	1
21:30	Po Shaping, 30 Min.	1

DIENSTAG BAHNHOF GYM

10:00	Soft-Fitness	● 1
10:30	Cardio Power	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
14:30	Bodyfit	2
15:30	BBRP	2
16:30	Po Shaping, 30 Min.	1
16:30	Step Fatburner	2
17:00	NIA	1
17:30	Complete Body Workout	● 2
18:00	ZUMBA@ fitness	● 1
18:00	Running Beginner (Starttermine s.Programm)	Outdoor
18:30	Step Advanced	2
19:00	Qi Gong	1
19:30	BBRP	● 2
20:00	Tai Chi	1
20:30	Cardio Power	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	Cardio Power	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
17:30	Kraftfit	2
18:00	ZUMBA@fitness	1
18:30	Cardio Power	2
19:00	Pilates	1
19:30	BBRP	2
20:00	Hatha-Yoga	1
20:30	Kraftfit	2
21:00	deepRelax	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	2
12:30	FASZIO	1
13:00	Complete Body Workout	2
13:30	Pilates	1
14:00	Step Fatburner	2
14:30	Kindertanz + Ballett 4-7 Jahre	1
15:00	BBRP	2
15:30	Avi Mea	1
16:00	Cardio Power	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
18:30	Urban Workout, 90 Min.	Outdoor
19:00	BBRP	● 2
19:30	Salsa 1	1
20:00	Fit Fight Kombi	2
20:30	Salsa 2	1
21:00	ZUMBA@ fitness	2

DONNERSTAG JESSENSTRASSE GYM

10:00	Beckenboden	1
10:30	Kundalini-Yoga	2
11:00	Pilates	1
11:30	Complete Body Workout	2
12:00	deepRelax	1
12:30	Bewegte Pause - Po Shaping, 30 Min.	2
13:00	Bewegte Pause - Bauch Express, 30 Min.	2
13:00	Yin-Yoga	1
14:00	Yogalates	1
15:30	Kraftfit	2
16:00	Hip Hop für Kids & Teens	1
16:30	Fit Fight Basic	2
17:00	Hip Hop	1
17:30	deepWORK™	2
18:00	Avi Mea	1
18:30	BBRP	2
19:00	Cardio Power	1
19:30	Bodyfit	2
20:00	Standard-Latein 2 + Singles	1
20:30	Complete Body Workout	2
21:00	Discofox 1 + Singles	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	Strong by ZUMBA@	2
13:30	Rücken Express, 30 Min.	1
14:00	Bauch Express, 30 Min.	1
14:00	Complete Body Workout	2
14:30	Fit mit Babybauch	1
15:00	BBRP	2
15:30	Pilates	1
16:00	Cardio Power	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	Fit Fight Basic/Technik	2
20:30	deepRelax	1
21:00	Complete Body Workout	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	deepWORK™	2
13:00	Pilates	1
15:30	Po Shaping, 30 Min.	2
16:00	Bauch Express, 30 Min.	2
16:00	Power-Yoga	1
16:30	BBRP	2
17:00	Rücken Power	1
17:30	Fit Fight Basic	2
18:00	Pilates	1
18:30	Tough Class	2
19:00	Hatha-Yoga + Meditation	1
19:30	Kraftfit	2
20:00	deepRelax	1
21:00	Kizomba	1

FREITAG BAHNHOF GYM

10:00	Complete Body Workout	2
10:00	Rücken Balance	1
11:00	Fit Fight Basic/Technik	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	2