

ALTONA BAHNHOF

MONTAG

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	Fatburner	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	Tough Class	2
18:30	Nordic Walking/Walking	Outdoor
18:30	Stretch & Relax	1
19:00	Complete Body Workout	2
19:30	DISCO PARTY - just dance	1
20:00	Fatburner	2
20:30	ZUMBA® fitness	1
21:00	BBRP	2

DIENSTAG

GYM

10:00	Soft-Fitness	1
10:30	Fatburner	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
18:30	Step Advanced	2
19:00	Qi Gong	1
19:30	BBRP	2
20:00	Tai Chi	1
20:30	Cardiobobic	2
21:00	Flow-Yoga	1

MITTWOCH

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	STRONG by Zumba®	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
19:30	Salsa-Merengue-Bachata 1	1
20:00	Fit Fight Kombi	2
20:30	Salsa-Merengue-Bachata 2	1
21:00	ZUMBA® fitness	2

DONNERSTAG

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	DANCE 'n Fitness	2
13:30	Rücken Express, 30 Min.	1
14:00	Bauch Express, 30 Min.	1
14:00	Complete Body Workout	2
15:00	BBRP	2
15:30	Pilates	1
16:00	Cardiobobic	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	FASZIO	1
20:30	deepRelax	1
21:00	Complete Body Workout	2

FREITAG

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
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	Power-Yoga	1
20:00	Tough Class	2

SAMSTAG

GYM

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	Fatburner	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	Tough Class	2
17:30	ZUMBA® fitness	1
18:00	BBRP	2
18:30	Bauch Express, 30 Min.	1

SONNTAG

GYM

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	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	Fatburner	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