

# ALTONA JESSENSTRASSE

## MONTAG

GYM

10:00	Mama Fitness bis 3 Jahre	1
10:30	Kraftfit	2
11:00	Babys in Bewegung 3 - 8 Monate	1
11:30	Fatburner	2
12:00	Pilates	1
13:00	Power-Yoga	1
14:30	ZUMBA@fitness	2
15:30	Kraftfit	2
16:00	Yogalates	1
16:30	Complete Body Workout	2
17:00	Rücken Power	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

## DIENSTAG

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	Po Shaping, 30 Min.	2
13:00	Qi Gong	1
13:00	Bauch Express, 30 Min.	2
13:30	BBRP	2
14:00	Vinyasa-Yoga	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
18:30	Tough Class	2
19:00	Pilates	1
19:30	HITT	2
20:00	STRONG by Zumba®	1
20:30	BBRP	2
21:00	Bauch Express, 30 Min.	1
21:30	Po Shaping, 30 Min.	1

## MITTWOCH

GYM

10:00	Mama Fitness bis 3 Jahre	1
10:30	Complete Body Workout	2
11:00	Soft-Fitness	1
11:30	Fatburner	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	Fatburner	2
19:00	Pilates	1
19:30	BBRP	2
20:00	Hatha-Yoga	1
20:30	Kraftfit	2
21:30	Bauch Express, 30 Min.	2

## DONNERSTAG

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	Po Shaping, 30 Min.	2
13:00	Bauch Express, 30 Min.	2
13:00	Yin-Yoga	1
15:30	Kraftfit	2
16:00	Hip Hop für Kids & Teens 10-16 Jahre	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	HIIT	1
19:30	Bodyfit	2
20:00	Standard-Latein 2 Paare und Singles	1
20:30	Complete Body Workout	2
21:00	Discofox 1 Paare und Singles	1

## FREITAG

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	Salsa 2	1
21:00	Kizomba	1

## SAMSTAG

GYM

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 Paare und Singles	2
19:00	Stretch & Relax	1
19:30	Standard-Latein 1 Paare und Singles	2

## SONNTAG

GYM

10:00	Hatha-Yoga	1
10:30	Complete Body Workout	2
11:00	Power-Yoga	1
11:30	Bodyfit	2
12:30	Kraftfit	2
13:30	BBRP	2
16:30	Pilates	1
16:30	Special, 80 min.	2
17:30	Stretch & Relax	1
18:00	Complete Body Workout	2
18:30	Salsa 1 - L.A. Style	1
19:00	Bauch Express, 30 Min.	2
19:30	Rücken Express, 30 Min.	2
19:30	Salsa 2 - L.A. Style	1