

# BERLINER TOR

## MONTAG

		GYM
10:00	Faszio, 80 Min.	2
10:00	ZUMBA@fitness	4
10:00	Inline-Skaten , 80 Min.	Halle
10:30	BBRP	1
10:30	Pilates, 80 Min.	3
11:00	Mama Fitness, bis 3 Jahre	4
11:30	Tough Class	1
11:30	Step Fatburner	2
12:00	Rücken Balance	3
12:30	Complete Body Workout	2
13:00	Hatha-Yoga , 80 Min.	3
13:30	Fatburner	2
14:00	BBRP	1
14:30	BBRP	2
14:30	NIA, 80 Min.	3
14:30	Abenteuer Bewegung Parkour 2-6 Jahre, 80 Min.	Halle
15:00	Fatburner	1
15:30	Bauch Express, 30 Min.	2
16:00	Complete Body Workout	1
16:00	Rücken Express, 30 Min.	2
16:00	Fit mit Babybauch	3
16:00	FASZIO	4
16:00	Badminton 1, 80 Min.	● Halle
16:30	Complete Body Workout	2
17:00	Bodyfit	1
17:00	Pilates	● 3
17:00	ZUMBA@fitness	● 4
17:30	Cardiorobic	● 2
17:30	Badminton 2, 80 Min.	● Halle
18:00	Kraftfit	● 1
18:00	Tai Chi, 80 Min.	3
18:00	Kizomba	4
18:15	Running 5-10 km, 90 Min.	Outdoor
18:30	BBRP	● 2
19:00	Cardiorobic	● 1
19:00	Salsa 3 All Style	● 4
19:00	Inline-Skaten 1, Technik, 80 Min.	Halle
19:30	Fit Fight Basic/Technik	2
19:30	Mental Balance	3
20:00	Complete Body Workout	● 1
20:00	Salsa 2 All Style	● 4
20:30	deepWORK™	2
20:30	Hatha-Yoga 1, 80 Min.	● 3
20:30	Inline-Skaten 2, Technik, 80 Min.	Halle
21:00	Step Fatburner	1
21:00	Salsa 1 All Style	4

## DIENSTAG

		GYM
10:00	ZUMBA@fitness	2
10:00	Kundalini-Yoga , 80 Min.	3
10:00	FASZIO, 80 Min.	4
10:00	Badminton , 80 Min.	Halle
10:30	Mama Fitness, bis 3 Jahre	1
11:00	STRONG by Zumba®	2
11:30	Best Age Fitness	1
11:30	Mama Fitness, Yoga + Rückbildung, Baby bis 1 Jahr	3
11:30	Mental Balance	4
11:30	Volleyball , 80 Min.	Halle
12:00	deepWORK™	2
12:30	Kundalini-Yoga , 80 Min.	3
12:30	Pilates	4
13:00	Kraftfit	1
13:30	BBRP	2
14:00	Bodyfit	1
14:00	Yin-Yoga	3
14:30	Step Simple	2
15:00	Complete Body Workout	1
15:00	Karate Kids 6-9 Jahre	3
15:00	Kindertanz/Ballett 3-6 Jahre	4
15:00	Inline-Skaten 4-9 Jahre	Halle
15:30	BBRP	2
16:00	Step Fatburner	1
16:00	Pilates	3
16:00	Kindertanz/Ballett 6-9 Jahre	4
16:00	Rücken Power	Halle
16:30	Fit Fight Basic/Technik	2
17:00	Complete Body Workout	1
17:00	Hatha-Yoga 1, 80 Min.	● 3
17:00	Salsa Dance	4
17:00	Volleyball , 80 Min.	Halle
17:30	Step Fatburner	● 2
18:00	Fit Fight Kombi	● 1
18:00	Standard-Latein 1 für Singles	4
18:30	BBRP	● 2
18:30	Rücken Power + Relax, 80 Min.	● 3
18:30	Tough Class, 80 Min.	● Halle
19:00	Kraftfit	● 1
19:00	Standard-Latein 2 für Singles	4
19:30	Fatburner	2
20:00	Rücken Express, 30 Min.	1
20:00	Qi Gong, 80 Min.	3
20:00	Taekwondo 1	4
20:00	Badminton 1	● Halle
20:30	Bauch Express, 30 Min.	1
20:30	Bodyfit	2
21:00	Complete Body Workout	1
21:00	Teakwondo	4
21:00	Badminton	● Halle

## MITTWOCH

		GYM
10:00	Kraftfit	1
10:00	Cardiorobic	2
10:00	NIA	3
10:00	Inline-Skaten , 80 Min.	Halle
10:30	Rücken Power + Relax, 80 Min.	4
11:00	Fatburner	1
11:00	Complete Body Workout	2
11:00	Hatha-Yoga 1, 80 Min.	3
11:45	Tough Class, 80 Min.	Halle
12:00	BBRP	2
12:30	Hatha-Yoga 2, 80 Min.	3
13:00	Kraftfit	1
13:15	Badminton , 80 Min.	Halle
14:00	Fatburner	1
14:30	Feldenkrais, 80 Min.	3
15:00	BBRP	1
15:00	Kindertanz/Ballett 4-7 Jahre	4
15:30	Complete Body Workout	2
16:00	Step Fatburner	1
16:00	Abenteuer Bewegung 1,5-3 Jahre	3
16:00	Dance4Kids 6-10 Jahre	4
16:00	Badminton 6-12 Jahre	Halle
16:30	deepWORK™	2
17:00	Complete Body Workout	● 1
17:00	Pilates	3
17:00	FASZIO	4
17:00	Rücken Power	Halle
17:30	STRONG by Zumba®	2
18:00	Fitness für Mollige	1
18:00	NIA, 80 Min.	3
18:00	ZUMBA@fitness	● 4
18:00	Tough Class, 80 Min.	Halle
18:30	Step Advanced	2
18:30	Running 5-10 km, 90 Min.	Outdoor
19:00	Fit Fight Basic/Technik	● 1
19:00	Bauchtanz 1	4
19:30	BBRP	● 2
19:30	Feldenkrais	3
19:30	ZUMBA@fitness	Halle
20:00	Kraftfit	1
20:00	Bauchtanz 2	4
20:30	Fatburner	2
20:30	Rücken Power + Relax, 80 Min.	3
20:30	Inline-Hockey 2, 80 Min.	● Halle
21:00	BBRP	1
21:00	Vinyasa Flow-Yoga	4

## DONNERSTAG

		GYM
10:00	Mama Fitness, bis 3 Jahre	1
10:00	Complete Body Workout	2
10:00	Sport für Schwangere, Kundalini-Yoga, 80 Min.	3
10:00	Volleyball , 80 Min.	Halle
10:30	Pilates	4
11:00	FASZIO, 80 Min.	1
11:00	Fatburner	2
11:30	Feldenkrais	3
11:30	Vinyasa Flow-Yoga	4
11:30	Best Age Fitness	Halle
12:00	BBRP	2
12:30	Badminton , 80 Min.	Halle
13:00	Po Shaping, 30 Min.	2
14:00	BBRP	1
15:00	Fit Fight Basic/ Technik	1
15:00	Pilates	4
15:00	Fußball 5-8 Jahre	Halle
15:30	Complete Body Workout	2
16:00	Step Fatburner	1
16:00	Salsa Dance 1	4
16:30	Cardiorobic	2
16:30	Tough Class	Halle
17:00	Kraftfit	● 1
17:00	Salsa Dance 2	3
17:00	Ballett für Erwachsene	4
17:30	BBRP	● 2
17:30	Volleyball , 80 Min.	Halle
18:00	Best Age Fitness	1
18:00	Pilates	● 3
18:00	Zum-Dance	● 4
18:30	Fatburner	2
19:00	Bodyfit	● 1
19:00	Rücken Power	● 3
19:00	Tango Argentino 1	● 4
19:00	Tough Class, 80 Min.	● Halle
19:30	Step Simple	2
20:00	Fatburner	1
20:00	Tai Chi , 80 Min.	3
20:00	Tango Argentino 2	● 4
20:30	Kraftfit	2
20:30	Badminton 2, 80 Min.	● Halle
21:00	BBRP	1
21:00	Tango Argentino 3	4

## FREITAG

		GYM
10:00	BBRP	1
10:00	Qi Gong	3
10:00	Hatha-Yoga 1	4
10:00	ZUMBA@fitness	Halle
10:30	Mama Fitness, bis 3 Jahre	2
11:00	Fit Fight Basic/Technik	1
11:00	Tai Chi 1	3
11:00	deepRELAX	4
11:00	Bauch Express, 30 Min.	Halle
11:30	Complete Body Workout	2
11:30	Badminton , 80 Min.	Halle
12:00	Yin-Yoga	3
13:00	Bodyfit	1
13:00	Volleyball , 80 Min.	Halle
13:30	BBRP	2
13:30	Power-Yoga, 80 Min	4
14:00	Kraftfit	1
14:30	Step Advanced	2
15:00	BBRP	1
15:00	Abenteuer Bewegung 2-4 Jahre + Geschw.	3
15:00	Dance'n Strip	4
15:30	Cardiorobic	2
16:00	Step Fatburner	1
16:00	Abenteuer Bewegung 4-6 Jahre	3
16:00	Pilates	4
16:00	Tough Class	Halle
16:30	Complete Body Workout	2
17:00	Kraftfit	● 1
17:00	Rücken Power + Relax, 80 Min.	3
17:00	ZUMBA@fitness	● 4
17:00	Badminton 1	● Halle
17:30	BBRP	● 2
18:00	Fit Fight Kombi	● 1
18:00	Hip Hop	● 4
18:00	Badminton , 80 Min.	● Halle
18:30	Bodyfit	2
18:30	Kundalini-Yoga 1, 80 Min.	● 3
19:00	Step Advanced	1
19:00	Ballett für Erwachsene	4
19:30	BBRP	2
19:30	Inline-Skaten, Technik, 80 Min.	Halle
20:00	Complete Body Workout	1
20:00	Kundalini-Yoga 2, 80 Min.	3
20:00	Jazz-Dance , 80 Min.	4
20:30	Fatburner	2
21:00	Inline-Hockey, Spiel	Halle

## SAMSTAG

		GYM
10:00	Bodyfit	1
10:00	Start-Ups, 80 Min.	3
10:30	Step Fatburner	2
10:30	Inline-Skaten, Technik	Halle
11:00	Tough Class	1
11:30	BBRP	2
11:30	Inline-Skaten, Spiel	Halle
12:00	Complete Body Workout	1
12:00	Pilates	● 3
12:30	deepWORK™	2
13:00	Step Advanced	1
13:00	Stretch & Relax	3
13:00	Badminton 1, 80 Min.	● Halle
13:30	BBRP	2
14:00	Kraftfit	1
14:00	Specials, 80 Min.	3
14:30	Fit Fight Basic/Technik	2
14:30	Badminton 2, 80 Min.	● Halle
15:00	Bauch Express, 30 Min.	1
15:30	HIIT, 30 Min.	1
15:30	Complete Body Workout	2
16:00	Vinyasa Flow-Yoga	3
16:00	Inline- / Roller Disco, 120 Min., 1. Sa./ Monat	Halle
16:00	Start-Up Specials Volleyball/Badminton, 80 Min.	Halle
16:30	ZUMBA@fitness	2
17:00	BBRP	1
17:00	Feldenkrais, 80 Min.	3
18:00	Kraftfit	1
18:00	Badminton 1, 80 Min.	● Halle
18:30	Power Yoga, 80 Min.	3
18:30	sportspaß Tanzclub, 120 Min.	4
19:00	Step Fatburner	1
19:30	Badminton 2, 80 Min.	● Halle

## SONNTAG

		GYM
09:45	Kinderbetreuung bis 12:00	3
10:00	Fatburner	1
10:00	ZUMBA@fitness	Halle
10:30	Complete Body Workout	2
11:00	BBRP	1
11:00	Inline-Hockey , Spiel, 80 Min.	Halle
11:30	Cardiorobic	2
12:00	Rücken Balance	1
12:00	Power Yoga	3
12:30	Complete Body Workout	2
12:45	Inline-Skaten für Familien 1	● Halle
13:00	deepWORK™	1
13:00	Teakwondo 1	3
13:30	DANCE 'n fitness	2
13:45	Inline-Skaten für Familien 2	● Halle
14:00	Kraftfit	1
14:00	Stretch & Relax	3
14:30	BBRP	2
14:45	Tough Class, 80 Min.	Halle
15:00	Step Fatburner	1
15:00	Bollydance	3
15:30	Bodyfit	2
16:00	Complete Body Workout	● 1
16:00	ZUMBA@Gold	3
16:15	Volleyball 1, 80 Min.	Halle
16:30	Kraftfit	2
17:00	Fit Fight Basic/Technik	● 1
17:00	Rücken Power + Relax, 80 Min.	3
17:30	Tough Class	2
17:45	Volleyball , 80 Min.	Halle
18:00	Hatha-Yoga 1, 80 Min.	● 4
18:30	BBRP	2
18:30	Salsa 1 New York Style	3
19:15	Floorball , 80 Min.	Halle
19:30	HIIT, 30 Min.	2
19:30	Hatha-Yoga , 80 Min.	3
19:30	Salsa 2 New York Style	4
20:30	Kizomba	4