

# BILLSTEDT

## MONTAG

GYM

10:00	BBRP	1
10:15	Soft Fitness	2
10:30	Pilates	3
11:00	Tough Class	1
11:15	Beckenboden	2
11:30	Rücken Power	3
12:00	Bodyfit	1
13:00	BBRP	1
15:30	BBRP	2
16:00	Soft Fitness	1
16:30	Bodyfit	2
16:30	Abenteuer Bewegung 3-6 Jahre	3
17:00	BBRP	1
17:30	Complete Body Workout	2
17:30	Abenteuer Bewegung ab 7 Jahre	3
18:00	Fit Fight Kombi	1
18:30	Tough Class	2
18:30	ZUMBA@fitness	3
19:00	Bodyfit	1
19:30	FASZIO	2
19:30	Dance 'n Fitness	3
20:00	STRONG by Zumba@	1
20:30	Pilates	2
20:30	ZUMBA@fitness	3
21:00	BBRP	1

## DIENSTAG

GYM

10:00	Step Simple	1
10:00	Qi Gong	3
10:15	Complete Body Workout	2
11:00	Bodyfit	1
11:00	ZUMBA@fitness	3
11:15	Rücken Power	2
12:00	HIIT	1
13:00	BBRP	1
13:15	Soft Fitness	2
14:15	Rücken Balance	2
15:15	Bodyfit	2
15:30	ZUMBA@ Step	1
15:30	Mama Fitness +Rückbildung	3
16:15	BBRP	2
16:30	Bauch-Express, 30 Min.	1
16:30	Pilates	3
17:00	Tough Class	1
17:15	ZUMBA@fitness	2

17:30	Rücken Power	3
18:00	BBRP	1
18:15	Complete Body Workout	2
18:30	Selbstverteidigung für Frauen	3
19:00	Fatburner	1
19:15	FASZIO	2
19:30	Dance 'n Strip	3
20:00	Complete Body Workout	1
20:15	Power Yoga	2
20:30	Standart-Latein + Discofox 1	3

## MITTWOCH

GYM

10:00	Complete Body Workout	1
10:15	Hatha Yoga 1	2
10:15	Rücken Balance	3
11:00	Fatburner	1
11:15	Beckenboden	2
11:15	Qi Gong	3
12:00	BBRP	1
13:00	Bodyfit	1
15:15	Bodyfit	2
15:30	Selbstverteidigung 6-9 Jahre	3
16:00	Tough Class	1
16:15	Rücken Power	2
16:30	Selbstverteidigung 10-14 Jahre	3
17:00	BBRP	1
17:15	Soft Fitness	2
17:30	Pilates	3
18:00	Step Advanced	1
18:15	BBRP	2
18:30	Rücken Power	3
19:00	Complete Body Workout	1
19:15	Rücken Balance	2
19:30	ZUMBA@fitness	3
20:00	HIIT	1
20:15	ZUMBA@fitness	2
21:00	BBRP	1

## DONNERSTAG

GYM

10:00	BBRP	1
10:15	HIIT	2
10:30	Best Age Fitness	3
11:00	Rücken Power	1
11:15	BBRP	2
11:30	Pilates	3
12:00	Complete Body Workout	1
13:00	Soft Fitness	1

14:30	Kindertanz/Ballett 4-5 Jahre	3
15:30	Kindertanz/Ballett 6-8 Jahre	3
16:00	BBRP	1
16:15	ZUMBA@fitness	2
16:30	Dance4Kids ab 6 Jahre	3
17:00	Fatburner	1
17:15	Rücken Power	2
17:30	Power Yoga	3
18:00	Complete Body Workout	1
18:15	BBRP	2
18:30	Pilates	3
19:00	Tough Class	1
19:15	STRONG by Zumba	2
19:30	Vinyasa Yoga	3
20:00	BBRP	1
20:15	ZUMBA@fitness	2
20:30	Yin Yoga	3
21:00	Step Simple	1

## FREITAG

GYM

10:00	Bodyfit	1
10:15	Hatha-Yoga	2
10:15	Soft Fitness	3
11:00	Complete Body Workout	1
11:15	Yin Yoga	2
11:15	DISCO PARTY - just dance	3
12:00	Step Fatburner	1
12:15	Qi Gong	2
13:00	BBRP	1
14:30	STRONG by Zumba	3
15:00	BBRP	1
15:15	Rücken Power	2
15:30	Hip Hop ab 8 Jahre	3
16:00	Tough Class	1
16:15	Complete Body Workout	2
16:30	Hip Hop	3
17:00	Tough Class	1
17:15	Bodyfit	2
17:30	Zum-Dance	3
18:00	BBRP	1
18:15	Rücken Balance	2
18:30	Samba/Samba Reggae 1+2	3
19:00	ZUMBA@fitness	1
19:15	Stretch & Relax	2
19:30	Salsa 1 + Singles	3
20:00	Complete Body Workout	1
20:30	Salsa 2 + Singles	3

## SAMSTAG

GYM

10:00	Cardiorobic	1
10:30	ZUMBA@fitness	3
11:00	BBRP	1
11:30	Rücken Power	3
12:00	Step Fatburner	1
12:30	Pilates	3
13:00	Bodyfit	1
14:00	Complete Body Workout	1
14:30	Kindertanz/Ballett 3-5 Jahre	3
15:00	Po Shaping, 30 Min.	1
15:30	Bauch Express, 30 Min.	1
15:30	Kindertanz/Ballett 5-7 Jahre	3
16:00	Bodyfit	1
16:30	Line Dance 1	3
17:00	BBRP	1
17:30	Line Dance 2	3
18:30	ZUMBA@fitness	3

## SONNTAG

GYM

10:00	Complete Body Workout	1
10:30	Power Yoga	3
11:00	Dance 'n Fitness	1
11:30	Stretch & Relax	3
12:00	Bodyfit	1
13:00	HIIT	1
14:00	BBRP	1
14:30	ZUMBA@ Step	3
15:00	Fit Fight Basic/Technik	1
15:30	Pilates	3
16:00	Complete Body Workout	1
16:30	Hatha Yoga	3
17:00	Fatburner	1
17:30	Tango Argentino 1	3
18:00	Fitness für Mollige	1
18:30	Tango Argentino 2	3
19:00	Complete Body Workout	1