

# CITY NORD

## MONTAG

GYM

10:00	Babys in Bewegung 3-8 Monate	2
10:15	Rücken Power	3
10:30	BBRP	1
11:00	Babys in Bewegung 8 Monate-1,5 Jahre	2
11:15	Pilates	3
11:30	Fatburner	1
12:00	ZUMBA®fitness	2
12:30	Rücken Power	1
13:00	Bodyfit	2
13:15	Pilates	3
13:30	Soft-Fitness	1
14:00	BBRP	2
14:15	Vinyasa Flow Yoga, 80 Min	3
14:30	ZUMBA®gold	1
15:00	Mama Fitness	2
15:30	deepWORK™	1
15:45	Yin-Yoga, 80 Min	3
16:00	Complete Body Workout	2
16:30	BBRP	1
17:00	ZUMBA®fitness	2
17:15	Pilates	3
17:30	Rücken Power	1
18:00	BBRP	2
18:15	Power-Yoga	3
18:30	Fatburner	1
19:00	Fit Fight Basic/Technik	2
19:15	Samba/Samba-Reggae 1	3
19:30	Running 5-10 km, 90 Min.	Outdoor
19:30	Pilates	1
20:00	Complete Body Workout	2
20:15	Samba/Samba-Reggae 2	3
20:30	Cardiorobic	1
21:00	ZUMBA®fitness	2

## DIENSTAG

GYM

10:00	BBRP	2
10:15	Power-Yoga	3
10:30	Pilates	1
11:00	Step Fatburner	2
11:15	Rücken Power	3
11:30	Bodyfit	1
12:00	ZUMBA®fitness	2
12:15	FASZIO	3
12:30	BBRP	1

13:15	deepRelax	3
13:30	Rücken Power	1
14:15	Hatha-Yoga + Relax, 80 Min	3
14:30	Soft-Fitness	1
15:30	BBRP	1
16:00	Complete Body Workout	2
16:15	ZUMBA®fitness	3
16:30	Pilates	1
17:00	Fatburner	2
17:15	Ballett Workout	3
17:30	Running 10 km, 90 Min.	Outdoor
17:30	NIA	1
18:00	Fitness, 80min	2
18:15	Ballett	3
18:30	Rücken Power	1
19:15	Running 10 km, 90 Min.	Outdoor
19:15	Hatha-Yoga 1 + Relax	3
19:30	Tough Class	1
19:30	Bauch-Express, 30 Min.	2
20:00	Step Fatburner	2
20:15	Hatha-Yoga 2 + Meditation	3
20:30	ZUMBA®fitness	1
21:00	Fit Fight Basic/ Technik	2

## MITTWOCH

GYM

10:00	BreathWalk®, 90 Min.	Outdoor
10:00	Mama Fitness	2
10:15	Pilates	3
10:30	Complete Body Workout	1
11:00	STRONG by Zumba®	2
11:15	Rücken Balance	3
11:30	HIIT	1
12:00	ZUMBA®fitness	2
12:15	Power-Yoga	3
12:30	BBRP	1
13:15	Pilates	3
14:15	FASZIO	3
14:30	Soft-Fitness	1
15:15	deepRelax	3
15:30	BBRP	1
16:00	Tough Class	2
16:15	Qi Gong	3
16:30	Bodyfit	1
17:00	Step Fatburner	2
17:15	Avi Mea	3
17:30	ZUMBA®fitness	1
18:00	Fit Fight Basic/ Technik	2
18:15	Pilates	3

18:30	Rücken Power	1
19:00	Soft-Fitness	2
19:15	Stretch & Relax	3
19:30	deepWORK™	1
20:00	Running 10-15km, 90 Min.	Outdoor
20:00	Complete Body Workout	2
20:15	Rücken Power	3
20:30	SALSATION®	1
21:00	BBRP	2

## DONNERSTAG

GYM

10:00	Walking/Nordic Walking, 90 Min.	Outdoor
10:00	Mama Fitness	2
10:15	NIA	3
10:30	Fatburner	1
11:00	Babys in Bewegung 8 Monate-1,5 Jahre	2
11:15	Pilates	3
11:30	BBRP	1
12:00	Soft-Fitness	2
12:15	Rücken Power	3
14:30	ZUMBA®fitness	1
15:00	Abenteuer Bewegung 2-6 Jahre	2
15:15	Kindertanz/Ballett 4-5 Jahre	3
15:30	BBRP	1
16:00	Abenteuer Bewegung 4-8 Jahre	2
16:15	Pilates	3
16:30	Rücken Power	1
17:00	ZUMBA®fitness	2
17:15	Hatha-Yoga	3
17:30	Running 12-20 km, 120 Min.	Outdoor
17:30	BBRP	1
18:00	Complete Body Workout	2
18:15	Stretch & Relax	3
18:30	FASZIO	1
19:00	HIIT	2
19:15	Pilates	3
19:30	Dance'n strip	1
20:00	Salsa 1 für Singles	2
20:15	Fitness für Mollige	3
20:30	Complete Body Workout	1
21:00	Salsa 1	2

## FREITAG

GYM

10:00	BreathWalk®, 90 Min.	Outdoor
10:00	Mama Fitness	2
10:15	Hatha-Yoga	3

10:30	Bodyfit	1
11:00	Mama Fitness + Rückbildung	2
11:15	Kundalini-Yoga	3
11:30	HIIT	1
12:00	ZUMBA®fitness	2
12:15	Qi Gong	3
12:30	BBRP	1
13:15	Tai Chi	3
13:30	Rücken Power	1
14:15	Pilates	3
14:30	BBRP	1
15:15	Flow-Yoga	3
15:30	Rücken Power	1
16:00	Complete Body Workout	2
16:15	ZUMBA®fitness	3
16:30	Fatburner	1
17:00	Step Advanced	2
17:15	Kundalini-Yoga	3
17:30	Soft-Fitness	1
18:00	Tough Class	2
18:15	Rücken Power	3
18:30	NIA	1
19:00	HIIT, 30 Min.	2
19:15	Boogie Woogie 1	3
19:30	BBRP	1
19:30	Bauch-Express, 30 Min.	2
20:00	Po Shaping, 30 Min.	2
20:15	Boogie Woogie 2	3
20:30	Pilates	1
20:30	Rücken Express, 30 Min.	2
21:00	ZUMBA®fitness	2

## SAMSTAG

GYM

10:00	BBRP	2
10:15	Power-Yoga	3
10:30	Soft-Fitness	1
11:00	Cardiorobic	2
11:15	Yin-Yoga	3
11:30	Rücken Power	1
12:00	ZUMBA®fitness	2
12:15	NIA	3
12:30	Complete Body Workout	1
13:00	Fit Fight Basic/ Technik	2
13:15	Stretch & Relax	3
13:30	Pilates	1
14:00	Step Faburner	2
14:15	Rücken Balance	3
15:00	BBRP	1

15:00	Abenteuer Bewegung 3-8 Jahre, 110 Min.	2
15:15	SALSATION®	3
16:00	BodyFit	1
16:15	STRONG by Zumba®	3
17:00	ZUMBA®fitness	1
17:00	Fatburner	2
17:15	Tango Argentino 1	3
18:00	BBRP	1
18:00	Tough Class	2
18:15	Tango Argentino 2	3
19:15	Discofox 1	3

## SONNTAG

GYM

10:00	Complete Body Workout	2
10:15	Rücken Balance	3
10:30	deepWORK™	1
11:00	Cardiorobic	2
11:15	Pilates	3
11:30	Bauch-Express, 30 Min.	1
12:00	HIIT, 30 Min.	1
12:00	Po Shaping, 30 Min.	2
12:15	Hatha-Yoga	3
12:30	BBRP	1
12:30	Specials, 80 Min.	2
13:15	Stretch & Relax	3
13:30	Rücken Power	1
14:00	Bodyfit	2
14:15	Modern Style Tai Chi	3
14:30	ZUMBA®fitness	1
15:00	Fatburner	2
15:15	Standard-Latein 1	3
15:30	STRONG by Zumba®	1
16:00	Fit Fight Basic/Technik	2
16:15	Standard-Latein 2	3
16:30	Salsa-Dance	1
17:00	Bodyfit	2
17:15	Fitness für Mollige	3
17:30	BBRP	1
18:00	Step Fatburner	2
18:15	Dance'n Fitness	3
18:30	deepWORK™	1
19:00	BBRP	2
19:15	Salsa 1	3
19:30	Capoeira 1	1
20:15	Salsa 2	3