

HARBURG

MONTAG

		GYM
10:00	Complete Body Workout	1
10:30	Pilates	2
11:00	Step Fatburner	1
11:30	Soft-Fitness	2
12:00	Rücken Balance	1
12:30	Hatha-Yoga	2
13:00	BBRP	1
14:00	Rücken Express, 30 Min.	1
14:30	FASZIO	1
15:30	Bauch Express, 30 Min.	1
15:30	ZUMBA® Gold	2
16:00	Complete Body Workout	1
16:30	ZUMBA®fitness	2
17:00	Tough Class	1
17:30	Qi Gong	2
18:00	BBRP	1
18:30	Tai Chi	1
19:00	Step Fatburner	1
19:30	Power-Yoga	2
20:00	Complete Body Workout	1
20:30	Yin-Yoga	2
21:00	Bauch Express, 30 Min.	1
21:30	Po Shaping, 30 Min.	1

DIENSTAG

		GYM
10:00	ZUMBA®fitness	1
10:30	Soft-Fitness	2
11:00	BBRP	1
11:30	Pilates	2
12:00	Cardiorobic	1
13:00	Complete Body Workout	1
15:00	Mama Fitness	1
15:30	Kundalini-Yoga	2
16:00	HIIT	1
16:30	Hatha Yoga	2
17:00	BBRP	1
17:30	Line Dance	2
18:00	Tough Class	1
18:30	Rücken Power	2
19:00	Complete Body Workout	1
19:30	NIA	2
20:00	Fatburner	1
20:30	SALSATION®	2
21:00	BBRP	1

MITTWOCH

		GYM
10:00	Babys in Bewegung 3-8 Monate	1
10:30	Rücken Balance	2
11:00	Qi Gong	1
11:30	Energy Dance	2
12:00	Stretch & Relax, 30 Min.	1
14:00	deepWORK™	1
15:00	BBRP	1
15:30	Kindertanz/Ballett 3-5 Jahre	2
16:00	HIIT, 30 Min.	1
16:30	Po Shaping, 30 Min.	1
16:30	Kindertanz /Ballett 5-8 Jahre	2
17:00	ZUMBA®fitness	1
17:30	Dance4Kids	2
18:00	Soft-Fitness	1
18:30	Hip Hop ab 9 Jahre	2
19:00	Rücken Power	1
19:30	Power-Yoga	2
20:00	Fit Fight Basic/Technik	1
20:30	Pilates	2

DONNERSTAG

		GYM
10:00	BBRP	1
10:30	Yin-Yoga	2
11:00	Step Fatburner	1
11:30	Rücken Power	2
12:00	BBRP	1
13:00	HIIT	1
14:00	Complete Body Workout	1
15:00	ZUMBA®fitness	1
15:30	BBRP	2
16:00	Abenteuer Bewegung 4-6 Jahre	1
16:30	Tough Class	2
17:00	Abenteuer Bewegung ab 5 Jahre	1
17:30	Rücken Power	2
18:00	deepWORK™	1
18:30	Pilates	2
19:00	Soft-Fitness	1
19:30	Salsa-Dance	2
20:30	SALSATION®	2
20:00	BBRP	1
21:00	Cardiorobic	1

FREITAG

		GYM
10:00	Mama Fitness	1
10:30	Rücken Power	2
11:00	Abenteuer Bewegung 1,5-4 Jahre	1
11:30	Pilates	2
12:00	Bodyfit	1
13:00	BBRP	1
14:00	HIIT, 30 Min.	1
14:30	Bauch Express, 30 Min.	1
15:00	deepWORK™	1
15:30	Selbstverteidigung 6-9 Jahre	2
16:00	Step Fatburner	1
16:30	Selbstverteidigung 10-14 Jahre	2
17:00	Complete Body Workout	1
17:30	Standard-Latein 1 für Singles	2
18:00	Fatburner	1
18:30	Discofox 1 für Singles	2
19:00	BBRP	1
19:30	Salsa-Dance	2
20:00	Bodyfit	1
20:30	ZUMBA®fitness	2

SAMSTAG

		GYM
10:00	Complete Body Workout	1
10:30	Stretch & Relax	2
11:00	Fatburner	1
11:30	Ballett	2
12:00	Step Fatburner	1
12:30	Power-Yoga	2
13:00	BBRP	1
13:30	Hatha-Yoga	2
14:00	Bodyfit	1
15:00	Complete Body Workout	1
16:00	ZUMBA®fitness	1
16:30	Hip Hop 10-14 Jahre	2
17:30	BBRP	2
18:30	Fatburner	2

SONNTAG

		GYM
10:30	Bauch Express, 30 Min.	1
10:30	Vinayasa Flow Yoga	2
11:00	Complete Body Workout	1
11:30	Yin-Yoga	2
12:00	Step Fatburner	1
12:30	Pilates	2
13:00	ZUMBA®fitness	1
13:30	Rücken Power	2
14:00	Bodyfit	1
14:30	Soft-Fitness	2
15:00	Step Simple	1
15:30	Qi Gong	2
16:30	Bauchtanz	2
17:30	Standard-Latein 1 für Singles	2
18:00	Complete Body Workout	1
18:30	Standard-Latein 2	2
19:00	Bodyfit	1
19:30	Tango Argentino 2	2
20:30	Tango Argentino 1	2