

HOKA

MONTAG

GYM

10:00	Cardiorobic	1
10:00	Kundalini-Yoga, 80 Min.	3
10:30	Reha-Sport Osteoporose/Endoprothesen	2
10:30	FASZIO	4
11:00	Complete Body Workout	1
11:30	Best Age Fitness	2
11:30	Pilates	3
11:30	deepRELAX	4
12:00	Bodyfit	1
12:30	Rücken Power	3
13:00	BBRP	1
14:30	Babys in Bewegung 8-18 Monate	2
15:30	Abenteuer Bewegung 1,5-2,5 Jahre	2
16:00	Bodyfit	1
16:00	BBRP	4
16:30	Rücken Power	2
16:30	Soft-Fitness	3
17:00	HIIT, 30 min.	1
17:00	Fit Fight Basic/Technik	4
17:30	Bauch Express, 30 min.	1
17:30	Qi Gong	2
17:30	Complete Body Workout	● 3
18:00	Step Advanced	1
18:00	Bodyfit	● 4
18:30	NIA	2
18:30	ZUMBA@fitness	● 3
19:00	Tough Class	1
19:00	Cardiorobic	4
19:30	Pilates	2
19:30	BBRP	● 3
20:00	Fitness	4
20:30	Hatha-Yoga	2
20:30	Rücken Power	3
21:00	BBRP	4

DIENSTAG

GYM

10:00	Complete Body Workout	1
10:00	Fit Fight Basic/Technik	4
10:00	Nordic-Walking, 120 Min. Terffpunkt: Alsterperle, Außenalster	Outdoor
10:30	Babys in Bewegung 8-18 Monate	2
10:30	Rücken Power	3
11:00	Pilates	1
11:00	BBRP	4

11:30	Qi Gong	2
11:30	Best Age Fitness	3
12:30	Yin-Yoga	2
12:30	Rücken Balance	3
14:00	BBRP	1
15:00	Complete Body Workout	1
15:30	Kindertanz/Ballett 3-6 Jahre	2
16:00	BBRP	1
16:30	Kindertanz/Ballett 5-9 Jahre	2
17:00	Tough Class	1
17:00	Pilates	● 3
17:00	ZUMBA@fitness	4
17:30	Best Age Fitness	2
18:00	Bodyfit	● 1
18:00	Hatha-Yoga Sivananda	● 3
18:00	BBRP	● 4
18:00	Nordic-Walking, 90 Min.	Outdoor
18:30	Rücken Power	● 2
19:00	Fatburner	● 1
19:00	Mental Balance, 80 min.	3
19:00	deepWORK™	● 4
19:30	Po Shaping	2
20:00	Fitness	1
20:00	Kundalini-Yoga, 80 min.	2
20:00	Complete Body Workout	● 4
21:00	Rücken Balance	1
21:00	Fatburner	4

MITTWOCH

GYM

10:00	Qi Gong	1
10:00	Complete Body Workout	4
10:30	Step Fatburner	2
10:30	Hatha-Yoga	3
11:00	Tai Chi	1
11:00	Mama Fitness	4
11:30	BBRP	2
11:30	Mama Fitness & Yoga/Rückbildung	3
12:00	Pilates	1
12:00	Best Age Fitness	4
13:00	Rücken Power	4
14:00	Bodyfit	4
15:30	Kundalini-Yoga & Bauch, 80 min.	2
15:30	Best Age Fitness	3
16:00	BBRP	1
16:30	Rücken Balance	3
17:00	Complete Body Workout	1
17:00	Pilates	2
17:00	Sport für Schwangere	4

17:30	Fitness für Mollige	3
18:00	Cardiorobic	1
18:00	Hatha-Yoga, 80 min.	2
18:00	Tough Class	4
18:30	Rücken Power	● 3
19:00	Bodyfit	1
19:00	deepWORK™	4
19:30	Power-Yoga	2
19:30	Best Age Fitness	3
20:00	Complete Body Workout	1
20:00	BBRP	4
20:30	Yin-Yoga	2
20:30	Pilates	3
21:00	Fitness	1
21:00	ZUMBA@fitness	4

DONNERSTAG

GYM

10:00	BBRP	1
10:00	deepWORK™	4
10:30	Mama Fitness & Yoga	2
10:30	Rücken Power	3
11:00	Fatburner	1
11:00	Complete Body Workout	4
11:30	Babys in Bewegung 8-18 Monate	2
11:30	Yogalates	3
12:00	ZUMBA@fitness	1
13:00	BBRP	1
14:30	Babys in Bewegung 8-18 Monate	2
15:30	Abenteuer Bewegung 1,5-2,5 Jahre	2
16:00	BBRP	1
16:30	Kindertanz/Ballett 5-7 Jahre	2
17:00	Tough Class	1
17:00	Fatburner	4
17:30	Bauchtanz	2
17:30	Pilates	3
18:00	Step Advanced	1
18:00	Complete Body Workout	● 4
18:30	NIA	2
18:30	Soft-Fitness	3
19:00	Fit Fight Kombi	1
19:00	Bodyfit	4
19:30	BBRP	● 2
19:30	Vinyasa Flow-Yoga	3
20:00	Bodyfit	1
20:00	deepRELAX	4
20:30	Rücken Power	2
20:30	Yin-Yoga	3
21:00	Hip Hop	4

FREITAG

GYM

10:00	Cardiorobic	1
10:00	BBRP	4
10:30	Power-Yoga	2
10:30	Rücken Power	3
11:00	Complete Body Workout	1
11:00	Soft-Fitness	4
11:30	Yogalates	2
11:30	FASZIO	3
12:00	Best Age Fitness	1
12:00	ZUMBA@fitness	4
13:00	BBRP	1
15:00	Tough Class	1
15:30	Kindertanz/Rhythmik 3-5 Jahre	3
16:00	Complete Body Workout	1
16:00	Qi Gong	4
16:30	Power-Yoga	2
16:30	Kindertanz/Rhythmik 5-7 Jahre	3
17:00	Bodyfit	1
17:00	deepRelax	4
17:30	Hatha-Yoga	2
17:30	Rücken Balance	3
18:00	deepWORK™	1
18:00	Tough Class	4
18:30	Pilates	2
18:30	FASZIO	3
19:00	Zum-Dance	1
19:00	BBRP	4
19:30	Salsa 1	2
19:30	Yin-Yoga	3
20:00	SALSATION®	1
20:00	STRONG by Zumba®	4
20:30	Salsa 2	2

SAMSTAG

GYM

10:00	Fitness	1
10:00	Mama Fitness + Rückbildung	2
10:00	Cardiorobic	4
10:00	Running 5-10km, 90 min	Outdoor
10:30	Pilates	3
11:00	BBRP	1
11:00	Mama Fitness	2
11:00	Complete Body Workout	4
11:30	Rücken Power	3
12:00	Bodyfit	1
12:00	Fit Fight Basic/Technik	4
12:30	Sport für Schwangere + Kundalini Yoga, 80 min.	2

12:30	Hatha-Yoga	3
13:00	Step Advanced	1
13:00	Complete Body Workout	4
14:00	Bauch Express, 30 min.	1
14:00	BBRP	4
14:30	HIIT, 30 min.	1
15:00	BBRP	1
15:00	Tough Class	4
16:00	ZUMBA®fitness	4
17:00	Complete Body Workout	4
17:30	Vinyasa Flow-Yoga	2
18:30	Yin Yoga	2

SONNTAG

GYM

10:00	deepWORK™	1
10:00	BBRP	4
10:30	Abenteuer Bewegung 1,5-3 Jahre	2
10:30	Hatha-Yoga	3
11:00	DANCE'n Fitness 2	1
11:00	Cardiorobic	4
11:30	Abenteuer Bewegung 4-6 Jahre	2
11:30	Pilates	3
12:00	Step Fatburner	1
12:00	Complete Body Workout	4
12:30	Avi Mea	3
13:00	BBRP	1
13:00	Specials	2
13:00	STRONG by Zumba®	4
13:30	Soft-Fitness	3
14:00	Complete Body Workout	1
14:30	Dance'n Strip	2
14:30	Po Shaping, 30 min.	3
15:00	Step Fatburner	1
15:00	Bauch Express, 30 min.	3
15:30	Hip Hop	2
15:30	Rücken Power	3
16:00	BBRP	4
17:00	SALSATION®	1
17:00	Standard-Latein 1	2
17:00	Tough Class	4
18:00	Standard-Latein 2	2
18:00	Pilates	3
19:00	Ballett für Erwachsene	3