

ALTONA BAHNHOF

MONTAG

GYM

| | | |
|-------|---------------------------------|---------|
| 10:00 | BBRP | 2 |
| 10:30 | Mental Balance | 1 |
| 11:00 | Step Fatburner | 2 |
| 11:30 | Rücken Balance | 1 |
| 12:00 | Complete Body Workout | 2 |
| 12:30 | Hatha-Yoga 1 | 1 |
| 13:00 | Fatburner | 2 |
| 13:30 | Pilates | 1 |
| 14:00 | BBRP | 2 |
| 14:30 | Kundalini-Yoga | 1 |
| 15:30 | Soft-Fitness | 1 |
| 16:00 | Bodyfit | 2 |
| 16:30 | Feldenkrais | 1 |
| 17:00 | BBRP | 2 |
| 17:30 | Fitness für Mollige | 1 |
| 18:00 | Tough Class | 2 |
| 18:00 | Nordic Walking/Walking, 90 Min. | Outdoor |
| 18:30 | Stretch & Relax | 1 |
| 19:00 | Complete Body Workout | ● 2 |
| 19:30 | DISCO PARTY - just dance | 1 |
| 20:00 | Fatburner | 2 |
| 20:30 | ZUMBA® fitness | 1 |
| 21:00 | BBRP | 2 |

DIENSTAG

GYM

| | | |
|-------|-----------------------|-----|
| 10:00 | Gymnastik | 1 |
| 10:30 | Fatburner | 2 |
| 11:00 | Pilates | 1 |
| 11:30 | Complete Body Workout | 2 |
| 12:00 | Power-Yoga | ● 1 |
| 13:00 | Rücken Power | 1 |
| 13:30 | BBRP | 2 |
| 14:30 | Bodyfit | 2 |
| 15:30 | BBRP | 2 |
| 16:00 | Hatha Yoga | 1 |
| 16:30 | Fatburner | 2 |
| 17:00 | NIA | 1 |
| 17:30 | Complete Body Workout | ● 2 |
| 18:00 | ZUMBA® fitness | ● 1 |
| 18:30 | Step Advanced | 2 |
| 19:00 | Qi Gong | 1 |
| 19:30 | BBRP | ● 2 |
| 20:00 | Tai Chi | 1 |
| 20:30 | Cardiorobic | 2 |
| 21:00 | Flow-Yoga | 1 |

MITTWOCH

GYM

| | | |
|-------|--------------------------------|---------|
| 10:00 | Step Advanced | 2 |
| 10:30 | Rücken Power | 1 |
| 11:00 | Complete Body Workout | 2 |
| 11:30 | Pilates | 1 |
| 12:00 | Hatha-Yoga | 2 |
| 12:30 | FASZIO® | 1 |
| 13:00 | Complete Body Workout | 2 |
| 13:30 | Physio Fitness | 1 |
| 14:00 | Fatburner | 2 |
| 14:30 | Kindertanz + Ballett 4-7 Jahre | 1 |
| 15:00 | BBRP | 2 |
| 15:30 | Avi Mea | 1 |
| 16:00 | STRONG by Zumba® | 2 |
| 16:30 | Soft-Fitness | 1 |
| 17:00 | Modern Dance | 2 |
| 17:30 | Pilates | 1 |
| 18:00 | DISCO PARTY - just dance | 2 |
| 18:30 | Urban Workout, 90 Min. | Outdoor |
| 18:30 | Rücken Power | 1 |
| 19:00 | BBRP | ● 2 |
| 19:30 | Salsa-Merengue-Bachata 1 | 1 |
| 20:00 | Fit Fight Kombi | 2 |
| 20:30 | Salsa-Merengue-Bachata 2 | 1 |
| 21:00 | ZUMBA® fitness | 2 |

DONNERSTAG

GYM

| | | |
|-------|-------------------------|---|
| 10:00 | BBRP | 2 |
| 10:00 | Qi Gong, 80 Min. | 1 |
| 11:00 | deepWORK™ | 2 |
| 11:30 | Rücken Power | 1 |
| 12:00 | Bodyfit | 2 |
| 12:30 | FASZIO® | 1 |
| 13:00 | DANCE 'n Fitness | 2 |
| 13:30 | Rücken Express, 30 Min. | 1 |
| 14:00 | Bauch Express, 30 Min. | 1 |
| 14:00 | Complete Body Workout | 2 |
| 14:30 | Physio Fitness | 1 |
| 15:00 | BBRP | 2 |
| 15:30 | Pilates | 1 |
| 16:00 | Fatburner | 2 |
| 16:30 | Power-Yoga | 1 |
| 17:00 | BBRP | 2 |
| 17:30 | Rücken Power | 1 |
| 18:00 | ZUMBA® fitness | 2 |
| 18:30 | Pilates | 1 |
| 19:00 | deepWORK™ | 2 |
| 19:30 | Qi Gong | 1 |
| 20:00 | Fit Fight Basic/Technik | 2 |
| 21:00 | Complete Body Workout | 2 |

FREITAG

GYM

| | | |
|-------|--------------------------|-----|
| 10:00 | Complete Body Workout | 2 |
| 10:00 | Rücken Balance | 1 |
| 11:00 | Fit Fight Basic/Technik | 2 |
| 11:00 | Hatha-Yoga 2, 80 Min. | 1 |
| 12:00 | Complete Body Workout | 2 |
| 12:30 | Pilates | 1 |
| 13:00 | BBRP | 2 |
| 13:30 | FASZIO® | 1 |
| 14:00 | Step Fatburner | 2 |
| 14:30 | SALSATION® | 1 |
| 15:00 | BBRP | 2 |
| 15:30 | Rücken Balance | 1 |
| 16:00 | Complete Body Workout | 2 |
| 16:30 | Pilates | 1 |
| 17:00 | Bodyfit | 2 |
| 17:30 | NIA | 1 |
| 18:00 | Complete Body Workout | ● 2 |
| 18:30 | Ballett für Erwachsene 1 | 1 |
| 19:00 | ZUMBA® fitness | 2 |
| 19:30 | Power-Yoga | 1 |
| 20:00 | Tough Class | 2 |

SAMSTAG

GYM

| | | |
|-------|------------------------------|-----|
| 10:00 | SALSATION® | 2 |
| 10:00 | Gymnastik | 1 |
| 11:00 | Complete Body Workout | ● 2 |
| 11:00 | Abenteuer Bewegung 3-8 Jahre | 1 |
| 12:00 | Fatburner | 2 |
| 12:00 | Ballett Workout | 1 |
| 13:00 | BBRP | 2 |
| 13:00 | Stretch & Relax, 30 Min. | 1 |
| 13:30 | Hatha-Yoga | 1 |
| 14:00 | Bodyfit | 2 |
| 14:30 | Rücken Power | 1 |
| 15:00 | Step Fatburner | 2 |
| 15:30 | Pilates | 1 |
| 16:00 | Complete Body Workout | 2 |
| 16:30 | Power-Yoga | 1 |
| 17:00 | Tough Class | 2 |
| 17:30 | ZUMBA® fitness | 1 |
| 18:00 | BBRP | 2 |

SONNTAG

GYM

| | | |
|-------|--------------------------|---------|
| 10:00 | BBRP | 2 |
| 10:30 | Fitness für Mollige | 1 |
| 11:00 | Step Advanced | 2 |
| 11:30 | Rücken Power | 1 |
| 12:00 | Complete Body Workout | 2 |
| 12:30 | Mental Balance | 1 |
| 13:00 | Step Fatburner | 2 |
| 13:30 | Stretch & Relax | 1 |
| 14:00 | BBRP | 2 |
| 14:30 | Pilates | 1 |
| 15:00 | Complete Body Workout | 2 |
| 15:00 | Urban Workout, 90 Min. | Outdoor |
| 15:30 | Hatha-Yoga | 1 |
| 16:00 | ZUMBA® fitness | 2 |
| 16:30 | Standard-Latein 1 | 1 |
| 17:00 | deepWORK™ | 2 |
| 17:30 | Standard-Latein 2 | 1 |
| 18:00 | Fatburner | 2 |
| 18:30 | Ballett für Erwachsene 1 | 1 |
| 19:00 | Tango Argentino 1 | 2 |
| 19:30 | Ballett für Erwachsene 2 | 1 |
| 20:00 | Tango Argentino 2 | 2 |
| 20:30 | Pilates | 1 |