

# 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 | BBRP                                 | 2       |
| 13:15 | Physio Fitness                       | 3       |
| 13:30 | Soft-Fitness                         | 1       |
| 14:00 | Bodyfit                              | 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 | BBRP                                 | 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 | Tanz und Bewegung          | 1       |
| 12:00 | ZUMBA@fitness              | 2       |
| 12:15 | FASZIO®                    | 3       |
| 12:30 | BBRP                       | 1       |
| 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 | 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       |

## 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 | Fatburner                                 | 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 | Yin-Yoga                                  | 3       |
| 15:30 | BBRP                                      | 1       |
| 16:15 | Qi Gong                                   | 3       |
| 16:30 | Bodyfit                                   | 1       |
| 17:00 | Step Simple                               | 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 | Rücken Power                              | 3       |
| 19:30 | deepWORK™                                 | 1       |
| 20:00 | Running 5-10km, Laufstilschulung, 90 Min. | Outdoor |
| 20:00 | Complete Body Workout                     | 2       |
| 20:15 | Stretch & Relax                           | 3       |
| 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 | Gymnastik                            | 2       |
| 12:15 | Physio Fitness                       | 3       |
| 14:30 | ZUMBA@fitness                        | 1       |
| 15:00 | Abenteurer Bewegung 2-6 Jahre        | 2       |
| 15:15 | Kindertanz/Ballett 4-5 Jahre         | 3       |
| 15:30 | BBRP                                 | 1       |
| 16:00 | Abenteurer 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 | Soft-Fitness                         | 1       |
| 20:00 | Salsa 1 für Singles                  | 2       |
| 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 | Physio Fitness             | 1       |
| 14:15 | Pilates                    | 3       |
| 14:30 | BBRP                       | 1       |
| 15:15 | Vinyasa 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 | Rücken Power               | 3       |
| 17:30 | Soft-Fitness               | 1       |
| 18:00 | Tough Class                | 2       |
| 18:15 | Kundalini-Yoga             | 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 | Standard Latein 2          | 2       |
| 20:15 | Boogie Woogie 2            | 3       |
| 20:30 | Pilates                    | 1       |
| 21:00 | Standard Latein 3          | 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 | Discofox 1                             | 1 |
| 17:00 | Fatburner                              | 2 |
| 17:15 | Tango Argentino 1                      | 3 |
| 18:00 | Discofox 2                             | 1 |
| 18:00 | BBRP                                   | 2 |
| 18:15 | Tango Argentino 2                      | 3 |

**SONNTAG**

GYM

|       |                         |   |
|-------|-------------------------|---|
| 10:00 | Complete Body Workout   | 2 |
| 10:00 | deepWORK™               | 1 |
| 10:15 | Rücken Balance          | 3 |
| 11:00 | Cardiorobic             | 2 |
| 11:00 | Bauch-Express, 30 Min.  | 1 |
| 11:15 | Pilates                 | 3 |
| 11:30 | ZUMBA®fitness           | 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 | Bauch-Express, 30 Min.  | 1 |
| 16:00 | Po Shaping, 30 Min.     | 2 |
| 16:00 | Fit Fight Basic/Technik | 2 |
| 16:15 | Standard-Latein 2       | 3 |
| 16:30 | Salsa-Dance             | 1 |
| 17:00 | Bodyfit                 | 2 |
| 17:15 | Standard-Latein 3       | 3 |
| 17:30 | BBRP                    | 1 |
| 18:00 | Step Fatburner          | 2 |
| 18:15 | Standard-Latein 4       | 3 |
| 18:30 | Pilates                 | 1 |
| 19:00 | BBRP                    | 2 |
| 19:15 | Salsa 1                 | 3 |
| 19:30 | Capoeira 1              | 1 |
| 20:15 | Salsa 2                 | 3 |