

# HOLSTEINISCHER KAMP

## MONTAG

GYM

10:00	deepWORK™	1
10:00	Kundalini-Yoga, 80 Min.	3
10:30	Physio Fitness	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
12:30	Rücken Balance	3
14:30	Babys in Bewegung 8-18 Monate	2
14:30	Rehasport ab Januar 2020	3
15:30	Abenteuer Bewegung 1,5-2,5 Jahre	2
15:30	Rehasport ab Januar 2020	3
16:00	Bodyfit	1
16:00	BBRP	4
16:30	Rücken Balance	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	1
20:30	Hatha-Yoga	2
20:30	Rücken Power	3
21:00	BBRP	1

## DIENSTAG

GYM

10:00	Complete Body Workout	1
10:00	Fit Fight Basic/Technik	4
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	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	Walking/Nordic Walking, 90 Min.	Outdoor
18:30	Rücken Power	2
19:00	Fatburner	1
19:00	Mental Balance	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	Pilates	1
21:00	Fatburner	4

## MITTWOCH

GYM

10:00	Complete Body Workout	4
10:30	Step Fatburner	1
10:30	Pilates	2
10:30	Hatha-Yoga	3
11:00	Mama Fitness	4
11:30	BBRP	1
11:30	Power Yoga	2
11:30	Mama Fitness Rückbildungs-Yoga	3
12:00	Tanz & Bewegung	4
12:30	Yin Yoga	2
13:00	Rücken Power	4
15:30	Kundalini-Yoga & Bauch, 80 min.	2
15:30	Softfitness	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	Rehasport ab Januar 2020	1
10:00	BBRP	4
10:30	Babys in Bewegung 8-18 Monate	2
10:30	Rücken Power	3
11:00	Rehasport ab Januar 2020	1
11:00	Fatburner	4
11:30	Mama Fitness + Yoga	2
11:30	Yogalates	3
12:00	Physio Fitness	1
12:00	ZUMBA® Gold	4
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	Vinyasa Flow-Yoga	2
19:30	BBRP	3
20:00	Bodyfit	1
20:30	Yin-Yoga	2
20:30	Rücken Power	3
21:00	Hip Hop	1

# HOLSTEINISCHER KAMP

## 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	Gymnastik	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	Kindertanz/Rhythmik 5-7 Jahre	3
17:00	Bodyfit	1
17:00	Hatha-Yoga, 80 min	2
17:00	deepRELAX	4
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	Capoeira 1	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	BBRP	3
15:00	Tough Class	3
16:00	ZUMBA®fitness	3
17:00	Complete Body Workout	3
17:30	Vinyasa Flow-Yoga	2
18:00	Fatburner	3
18:30	Yin Yoga	2
19:00	Bodyfit	3

## 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 Advanced	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	Rücken Balance	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	1
16:30	Standard Latein 1	2
17:00	Tough Class	1
17:00	SALSATION®	3
17:30	Standard Latein 2	2
18:00	Pilates	3
19:00	Ballett für Erwachsene	3