

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00		Gymnastik		Qi Gong	Rücken Balance	Rücken Power		10:00
10:30	Mental Balance	Angela E. 10:00	Rücken Power		Ravi Inder S. 10:00	Gabi K./ Hattem H. 10:00	Fitness für Mollige	10:30
11:00	Iris K. 10:30	Pilates	Tatjana K. 10:30	Carsten F. 10:00	Hatha-Yoga 2	Abenteuer Bewegung 3-8 Jahre	Ayse H. / Werner J. 10:30	11:00
11:30	Rücken Balance	Angela E. 11:00	Pilates	Rücken Power		Gabi K./ Hattem H. 11:00	Rücken Power	11:30
12:00	Iris K. 11:30	Power-Yoga	Tatjana K. 11:30	Carsten F. 11:30	Ravi Inder S. 11:00	Ballett Workout	Ayse H. / Werner J. 11:30	12:00
12:30	Hatha-Yoga 1	Matthias G. 12:00	FASZIO	FASZIO	Pilates	Tatjana W. 12:00	Mental Balance	12:30
13:00	Babak D. 12:30	Rücken Power	Johanna M. 12:30	Anna L. 12:30	Eva B. 12:30	Stretch & Relax Tatjana W. 13:00	Inga v. d. W./ Paola R. 12:30	13:00
13:30		Matthias G. 13:00	Pilates	Rücken Express 13:00 Anna L. 13:30	FASZIO	Hatha-Yoga	Stretch & Relax	13:30
14:00	Kundalini-Yoga 80min		Johanna M. 13:30	Bauch Express Anna L. 14:00	Eva B. 13:30	Olaf G. 13:30	Inga v. d. W./ Paola R. 13:30	14:00
14:30				Physio Fitness	SALSATION®	Rücken Power	Pilates	14:30
15:00	Shelita A. 14:00			Miriam H. 14:30	Dany C. P. 14:30	Bettina St. Eva B. 14:30	Theda v. L./ Harald Z. 14:30	15:00
15:30	Soft-Fitness		Avi Mea	Pilates	Rücken Balance	Pilates	Hatha-Yoga	15:30
16:00	Sylke S. 15:30	Hatha-Yoga	Werner J. 15:30	Miriam H. 15:30	Tatjana K. 15:30	Bettina St. Eva B. 15:30	Theda v. L./ Harald Z. 15:30	16:00
16:30	Feldenkrais	Romana K. 16:00	Soft-Fitness	Power-Yoga	Pilates	Power-Yoga	Standard Latein 1	16:30
17:00	Juliane K. 16:30	NIA	Werner J. 16:30	Lilija J. 16:30	Tatjana K. 16:30	Michael K. 16:30	Carola Cl. 16:30	17:00
17:30	Fitness für Mollige	Romana K. 17:00	Pilates	Rücken Power	NIA	ZUMBA® fitness	Standard-Latein 2	17:30
18:00	Emine S. 17:30	ZUMBA® fitness	Anna C. 17:30	Kristin L./ Marion E. 17:30	Christiane G. 17:30	Josi H./ Hanna A. 17:30	Carola Cl. 17:30	18:00
18:30	Stretch & Relax	Josi H. 18:00	Rücken Power	Pilates	Ballett für Erwachsene 1	Gym 1	Ballett für Erwachsene 1	18:30
19:00	Emine S. 18:30	Qi Gong	Anna C. 18:30	Kristin L./ Marion E. 18:30	Hédi E. 18:30		Hédi E. 18:30	19:00
19:30	Disco Party	Thomas B. 19:00	Salsa 1 Merengue, Bachata	Qi Gong	Power-Yoga 80min		Ballett für Erwachsene 2	19:30
20:00	Ollin E. 19:30	Tai Chi	Antoine H. / Maike W. 19:30	Liz G. 19:30			Hédi E. 19:30	20:00
20:30	ZUMBA® fitness	Thomas B. 20:00	Salsa 2 Merengue, Bachata		Sabine S. 19:30			20:30
21:00	Kundalini-Yoga 8 20:30	Flow Yoga	Antoine H. / Maike W. 20:30				21:00	
21:30		Lucia Sch. 21:00					21:30	

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sportspaß-Center Altona Bahnhof

Stand Oktober 2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00	BBRP		Step Advanced	BBRP	Complete Body Workout	SALSATION®	BBRP	10:00
10:30	Szilvia A. 10:00	Fatburner	Thomas H. 10:00	Cathérine A. 10:00	Olga F. 10:00	Dany C.P. 10:00	Annika St./ Andrea R. 10:00	10:30
11:00	Step Fatburner	Annika St. 10:30	Complete Body Workout	deepWORK™	Fit Fight Basic/Technik	Complete Body Workout	Step Advanced	11:00
11:30	Szilvia A. 11:00	Complete Body Workout	Thomas H. 11:00	Cathérine A. 11:00	Olga F. 11:00	Emine S./ Gloria B. 11:00	Annika St./ Andrea R. 11:00	11:30
12:00	Complete Body Workout	Annika St. 11:30	Hatha-Yoga	Bodyfit	Complete Body Workout	Fatburner	Complete Body Workout	12:00
12:30	Julia M. 12:00		Babak D. 12:00	Simone B. 12:00	Marthe R. 12:00	Emine S./ Gloria B. 12:00	Birgit R./ Olaf K. 12:00	12:30
13:00	Fatburner		Complete Body Workout		BBRP	BBRP	Step Fatburner	13:00
13:30	Julia M. 13:00	BBRP	Dorothee M. 13:00		Anja Sch. 13:00	Maria Alina S./ Nelly Sch. 13:00	Birgit R./ Olaf K. 13:00	13:30
14:00	BBRP	Katharina V. 13:30	Fatburner	Complete Body Workout	Step Fatburner	Bodyfit	BBRP	14:00
14:30	Jessica N. 14:00	Bodyfit	Dorothee M. 14:00	Nicole H. 14:00	Anja Sch. 14:00	Maria Alina S./ Nelly Sch. 14:00	Nelly Sch./ Birgit R. 14:00	14:30
15:00		Katharina V. 14:30	BBRP	BBRP	BBRP	Step Fatburner	Complete Body Workout	15:00
15:30		BBRP	Olga E. 15:00	Nicole H. 15:00	Silviya L. 15:00	Gloria B./ Thomas H. 15:00	Josi H./ Yvonne G. 15:00	15:30
16:00	Bodyfit	Svenja O. 15:30	Bodyfit	Fatburner	Complete Body Workout	Complete Body Workout	ZUMBA® fitness	16:00
16:30	John A. 16:00	Fatburner	Olga E. 16:00	Marén S. 16:00	Silviya L. 16:00	Gloria B./ Thomas H. 16:00	Josi H./ Christian P. 16:00	16:30
17:00	BBRP	Svenja O. 16:30	Modern Dance	BBRP	Bodyfit	Tough Class	deep WORK™	17:00
17:30	John A. 17:00	Complete Body Workout	Felicia J. 17:00	Marén S. 17:00	Olga E./ Olaf K. 17:00	Tanja A./ Frank H. 17:00	Lena R./ Werner J. 17:00	17:30
18:00	Tough Class	Marthe R. 17:30	Disco Party	ZUMBA® fitness	Complete Body Workout	BBRP	Fatburner	18:00
18:30	Ariane W. 18:00	Tough Class	Thomas H. 18:00	Lotta K. 18:00	Olga E./ Olaf K. 18:00	Tanja A./ Frank H. 18:00	Lena R./ Werner J. 18:00	18:30
19:00	Complete Body Workout	Marthe R. 18:30	BBRP	deepWORK™	ZUMBA® fitness	Gym 2	Tango Argentino 1	19:00
19:30	Ariane W. 19:00	BBRP	Randy M. 19:00	Andrea R. 19:00	Bonny F. 19:00		Samet C./ Senem Ö. 19:00	19:30
20:00	Fatburner	Britta M. 19:30	Fit Fight Kombi	Fit Fight Basic/Technik			Tango Argentino 2	20:00
20:30	Lena R. 20:00	Cardiorobic	Randy M. 20:00	Naomi W. 20:00			Samet C./ Senem Ö. 20:00	20:30
21:00	BBRP	Britta M. 20:30	ZUMBA® fitness	Complete Body Workout				21:00
21:30	Lena R. 21:00		Fiorella H. 21:00	Naomi W. 21:00			21:30	

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Stand April 2020