

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00	BBRP	Step Simple	Complete Body Workout	BBRP	Bodyfit	Cardiorobic	Complete Body Workout	10:00
10:30	Corinna K. 10:00	Christina St. 10:00	Ricarda H. 10:00	Vanessa B. 10:00	Sandra H. 10:00	Alina D./ Vanessa B. 10:00	Mareike W./ N.N 10:00	10:30
11:00	Tough Class	Bodyfit	Cardiorobic	Rücken Power	Complete Body Workout	BBRP	Cardiorobic	11:00
11:30	Corinna K. 11:00	Christina St. 11:00	Ricarda H. 11:00	Vanessa B. 11:00	Sandra H. 11:00	Alina D./ Vanessa B. 11:00	Mareike W./ N.N 11:00	11:30
12:00	Bodyfit	BBRP	BBRP	Pilates	Step Fatburner	Step Fatburner	Bodyfit	12:00
12:30	Anja R. 12:00	Christina St. 12:00	Petra Sch.-O. 12:00	Gabriele P. 12:00	Anja R. 12:00	Paulina L. 12:00	Natalie G. / Tekla L. 12:00	12:30
13:00	BBRP		Physio-Fitness	Complete Body Workout	BBRP	Bodyfit	HIIT	13:00
13:30	Anja R. 13:00		Petra Sch.-O. 13:00	Gabriele P. 13:00	Anja R. 13:00	Paulina L. 13:00	Natalie G./ Tekla L. 13:00	13:30
14:00						Complete Body Workout	BBRP	14:00
14:30						Dorothee M./ Dorothea D. 14:00	N.N. 14:00	14:30
15:00						Po Shaping	Bodyfit	15:00
15:30						Bauch-Express	N.N. 15:00	15:30
16:00			Tough Class	BBRP	Line-Dance	Bodyfit	Complete Body Workout	16:00
16:30	BBRP		Vanessa B. 16:00	Bettina G. 16:00	Janetta B. 16:00	Bettina G./ Natalia v. P. 16:00	Tatyana O. 16:00	16:30
17:00		Bodyfit	BBRP	Fatburner	Tough Class	BBRP	Rückenpower	17:00
17:30	Sabine C. 16:30	Olaf B. 17:00	Vanessa B. 17:00	Bettina G. 17:00	Elnaz F. 17:00	Bettina G./ Natalia v. P. 17:00	Tatyana O. 17:00	17:30
18:00	Fit Fight Kombi	BBRP	Step Advanced	Complete Body Workout	BBRP		Fitness für Mollige	18:00
18:30	Miko 18:00	Alona D. 18:00	Nuriye D. 18:00	Natalie G. 18:00	Elnaz F. 18:00		N.N./ Elnaz F. 18:00	18:30
19:00	Bodyfit	Fatburner	Complete Body Workout	Tough Class	ZUMBA® fitness		Complete Body Workout	19:00
19:30	Miko 19:00	Alona D. 19:00	Nuriye D. 19:00	Natalie G. 19:00	Ilona D. 19:00		N.N./ Elnaz F. 19:00	19:30
20:00	Rücken Power	Complete Body Workout	HIIT	BBRP	Complete Body Workout			20:00
20:30	Jessica G.-M. 20:00	Lisa W. 20:00	Beata W. 20:00	Jessica G.-M. 20:00	Jessica G.-M. 20:00			20:30
21:00	BBRP		BBRP	Step Simple				21:00
21:30	Jessica G.-M. 21:00		Beata W. 21:00	Jessica G.-M. 21:00				21:30

Gym 1

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	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:15	Best Age Fitness	Complete Body Workout	Rücken Balance	deepWork™	Hatha Yoga	Fortbildungen der ASGE	Fortbildungen der ASGE	10:15
10:45	Roberta B. 10:15	Juliane Z. 10:15	Juliane K. 10:15	Mahdieh G. 10:15	Julia W. 10:15			10:45
11:15	Beckenboden	Rücken Power	Qi Gong	Complete Body Workout	Yin Yoga			11:15
11:45	Roberta B. 11:15	Juliane Z. 11:15	Juliane K. 11:15	Mahdieh G. 11:15	Julia W. 11:15			11:45
12:15					Qi Gong			12:15
12:45					Tuan N. 12:15			12:45
13:15		Soft Fitness						13:15
13:45		Domenica P. 13:15						13:45
14:15		Rücken Balance			Reha-Sport			14:15
14:45		Domenica P. 14:15			Erma W. 14:00			14:45
15:15	BBRP	Step Fatburner	Bodyfit		Reha-Sport			15:15
15:45	Elnaz F. 15:30	N.N. 15:15	N.N. 15:15		Erma W. 15:00			15:45
16:15	Bodyfit	BBRP	Rücken Power	ZUMBA® fitness	Complete Body Workout			16:15
16:45	Elnaz F. 16:30	N.N. 16:15	N.N. 16:15	Carla B. 16:15	Lisa F. 16:15			16:45
17:15	Complete Body Workout	SALSATION®	Soft Fitness	Rücken Power	Bodyfit	17:15		
17:45	Janina B. 17:30	Nina G. 17:15	Jennifer A. 17:15	Jessica O. 17:15	Lisa F. 17:15	17:45		
18:15	Tough Class	Complete Body Workout	BBRP	BBRP	Rücken Balance	18:15		
18:45	Janina B. 18:30	Olaf B. 18:15	Jennifer A. 18:15	Jessica O. 18:15	Andrej D. 18:15	18:45		
19:15	FASZIO	FASZIO	Rücken Balance	STRONG by ZUMBA®	Stretch & Relax	19:15		
19:45	Randy M./ Luidmyla V. 19:30	Arlett N. 19:15	Camilla V. 19:15	Nadine V. 19:15	Andrej D. 19:15	19:45		
20:15	Pilates	Power-Yoga	ZUMBA® fitness	ZUMBA® fitness		Gym 2	20:15	
20:45	Randy M./ Luidmyla V. 20:30	Arlett N. 20:15	Adrian J. 20:15	Nadine V. 20:15			20:45	
21:15							21:15	
21:45							21:45	

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	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00		Qi Gong	Hatha Yoga 1		Soft Fitness			10:00
10:30	Pilates	Tuan N. 10:00	Karin J. 10:15	Best Age Fitness	Sabine G. 10:00	ZUMBA® fitness	Power-Yoga	10:30
11:00	Carolin P. 10:30	ZUMBA® fitness	Beckenboden	Erma W. 10:30	DISCO PARTY	Carla B. 10:30	Lilija J./ Romana K. 10:30	11:00
11:30	Physio Fitness	Fiorella H. 11:00	Karin J. 11:15	Gymnastik	Sabine G. 11:00	Rücken Power	Stretch & Relax	11:30
12:00	Carolin P. 11:30			Erma W. 11:30		Susanne S./ Petra N. 11:30	Lilija J./ Romana K. 11:30	12:00
12:30						Pilates		12:30
13:00						Susanne S./ Petra N. 12:30		13:00
13:30			Reha-Sport mit Anmeldung					13:30
14:00			Anke S. 13:30					14:00
14:30			Reha-Sport mit Anmeldung	Kindertanz/Ballett 4 - 5 Jahre		Kindertanz/Ballett 3 - 5 Jahre	ZUMBA® Step	14:30
15:00			Anke S. 14:30	Sabine G. 14:30		Yarika v. O./ Lilija A. 14:30	Fiorella H. 14:30	15:00
15:30			Selbstverteidigung 6 - 9 Jahre	Kindertanz/Ballett 6 - 8 Jahre	Hip Hop ab 8 Jahre	Kindertanz/Ballett 5 - 7 Jahre	Pilates	15:30
16:00			Martin P. 15:30	Sabine G. 15:30	Jasmin Z. 15:30	Yarika v. O./ Lilija A. 15:30	Constance I./ Franziska Sch. 15:30	16:00
16:30	Abenteuer Bewegung 3 - 6 Jahre	Pilates	Selbstverteidigung 10 - 14 Jahre	Dance4Kids ab 6 Jahre	Hip Hop	Line Dance 1	Hatha Yoga	16:30
17:00	Natalia W. 16:30	Hatem H. 16:30	Martin P. 16:30	Natalia W. 16:30	Jasmin Z. 16:30	Janetta B. 16:30	Constance I./ Franziska Sch. 16:30	17:00
17:30	Abenteuer Bewegung ab 7 Jahre	Rücken Power	Pilates	Power-Yoga	Zum-Dance	Line Dance 2	Tango Argentino 1	17:30
18:00	Natalia W. 17:30	Hatem H. 17:30	Marianella G. 17:30	Arlett N. 17:30	Joaquim R. 17:30	Janetta B. 17:30	Thomas K./ Kaija K. 17:30	18:00
18:30	BBRP	Selbstverteidigung für Frauen	Rücken Power	Pilates	Samba/Samba Reggae	ZUMBA® fitness	Tango Argentino 2	18:30
19:00	Ilona D. 18:30	Hassan N. 18:30	Marianella G. 18:30	Arlett N. 18:30	Joaquim R. 18:30	Nadine V./ Bonny F. 18:30	Thomas K./ Kaija K. 18:30	19:00
19:30	STRONG by Zumba®	Standard-Latein 1 + Discofox	ZUMBA® fitness	Dance ´n Strip	Salsa 2 + Singles			19:30
20:00	Ilona D. 19:30	Frauke W./ Dieter F. 19:30	Vanessa K. 19:30	Regina P. 19:30	Diana M./ A. 19:30			20:00
20:30	ZUMBA® fitness	Standard-Latein 2 + Discofox			Salsa 3 + Singles	Gym 3		20:30
21:00	Adrian J. 20:30	Frauke W./ Dieter F. 20:30			Diana M./ A. 20:30			21:00
21:30								21:30

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