

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00							<b>deepWORK™</b>	10:00
10:30	<b>BBRP</b>	<b>Pilates</b>	<b>Complete Body Workout</b>	<b>Fatburner</b>	<b>Bodyfit</b>	<b>Soft Fitness</b>	Laura v. d. C. 10:00	10:30
11:00	Martina K. 10:30	Valeriya K. 10:30	Maike N. 10:30	Jasmin Z. 10:30	Chris A. 10:30	Frauke R./ Brigitte J. 10:30	<b>Bauch Express</b> Laura v. d. C. 11:00	11:00
11:30	<b>Fatburner</b>	<b>Tanz &amp; Bewegung</b>	<b>Bodyfit</b>	<b>BBRP</b>	<b>HIIT</b>	<b>Rücken Power</b>	<b>ZUMBA® fitness</b>	11:30
12:00	Martina K. 11:30	Valeriya K. 11:30	Maike N. 11:30	Jasmin Z. 11:30	Chris A. 11:30	Frauke R./ Brigitte J. 11:30	Rachid L. 11:30	12:00
12:30	<b>Rücken Power</b>	<b>BBRP</b>	<b>BBRP</b>		<b>BBRP</b>	<b>Complete Body Workout</b>	<b>BBRP</b>	12:30
13:00	Claudia P. 12:30	Anja S. 12:30	Maike N. 12:30		Saskia v. D. 12:30	Chris A./ Angela D. 12:30	Melanie K. Andrea M. 12:30	13:00
13:30	<b>Soft-Fitness</b>	<b>Rücken Power</b>			<b>Physio Fitness</b>	<b>Pilates</b>	<b>Rücken Power</b>	13:30
14:00	Claudia P. 13:30	Mari O. 13:30			Saskia v. D. 13:30	Chris A./ Angela D. 13:30	Melanie K. Andrea M. 13:30	14:00
14:30	<b>ZUMBA® Gold</b>	<b>Soft-Fitness</b>	<b>Soft-Fitness</b>		<b>BBRP</b>		<b>ZUMBA® fitness</b>	14:30
15:00	Susi W. 14:30	Mari O. 14:30	Jochen T. 14:30		Jenny A. 14:30	<b>BBRP</b>	Melanie P. 14:30	15:00
15:30	<b>deepWORK™</b>	<b>BBRP</b>	<b>BBRP</b>	<b>BBRP</b>	<b>Rücken Power</b>	Angela D./ Fabienne D. 15:00	<b>Bauch Express</b> Melanie P. 15:30	15:30
16:00	Mahdie G. 15:30	Julia F. 15:30	Jochen T. 15:30	Dana M. 15:30	Jenny A. 15:30	<b>Bodyfit</b>	<b>Po Shaping</b> Melanie P. 16:00	16:00
16:30	<b>BBRP</b>	<b>Pilates</b>	<b>Bodyfit</b>	<b>Rücken Power</b>	<b>Fatburner</b>	Angela D./ Fabienne D. 16:00	<b>Salsa-Dance</b>	16:30
17:00	Mahdie G. 16:30	Julia F. 16:30	Ulrike H. 16:30	Dana M. 16:30	Farina H. 16:30	<b>Discofox 1</b>	Noa E. 16:30	17:00
17:30	<b>Rücken Power</b>	<b>NIA</b>	<b>ZUMBA® fitness</b>	<b>BBRP</b>	<b>Soft-Fitness</b>	Hanna L./ N.N. 17:00	<b>BBRP</b>	17:30
18:00	Yvonne G. 17:30	Petra T. 17:30	Ulrike H. 17:30	Sylvia B. 17:30	Farina H. 17:30	<b>Discofox 2</b>	Melanie K. N.N. 17:30	18:00
18:30	<b>Fatburner</b>	<b>Rücken Power</b>	<b>Rücken Power</b>	<b>FASZIO</b>	<b>NIA</b>	Hanna L./ N.N. 18:00	<b>Pilates</b>	18:30
19:00	Yvonne G. 18:30	Petra T. 18:30	Nina N. 18:30	Sylvia B. 18:30	Janina S. Petra T. 18:30		Melanie K. N.N. 18:30	19:00
19:30	<b>Pilates +Relax</b>	<b>Tough Class</b>	<b>deepWork™</b>	<b>BBRP</b>	<b>BBRP</b>		<b>Capoeira 1</b>	19:30
20:00		Frank W. 19:30	Nina N. 19:30	Henriette M. 19:30	Katinka P. 19:30		Jason L./ Maik K. 19:30	20:00
20:30	Betina H. 19:30	<b>Tanztechnik Standard-Latein</b>		<b>Complete Body Workout</b>	<b>Bauch Express</b>			20:30
21:00				Henriette M. 20:30				21:00
21:30		Michael W. 20:30						21:30

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**Gym 1**

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00	<b>Babys in Bewegung</b> 3-8 Monate	<b>BBRP</b>	<b>Mama Fitness</b>	<b>Mama Fitness</b>	<b>Mama Fitness</b>	<b>BBRP</b>	<b>Complete Body Workout</b>	10:00
10:30	Tanja L. 10:00	Lisa T. 10:00	Judith K. 10:00	Nadine P. 10:00	Nadine P. 10:00	Stefanie St./ Jochen T. 10:00	N.N./ Maia D. 10:00	10:30
11:00	<b>Babys in Bewegung</b> 8 Monate - 1,5 Jahre	<b>Step Fatburner</b>	<b>ZUMBA® fitness</b>	<b>Babys in Bewegung</b> 8 Monate - 1,5 Jahre	<b>Mama Fitness</b> Rückbildung	<b>Cardiorobic</b>	<b>Cardiorobic</b>	11:00
11:30	Tanja L. 11:00	Lisa T. 11:00	Irma B. 11:00	Tanja L. 11:00	Nadine P. 11:00	Stefanie St./ Jochen T. 11:00	N.N./ Maia D. 11:00	11:30
12:00	<b>ZUMBA® fitness</b>	<b>ZUMBA® fitness</b>		<b>Gymnastik</b>	<b>ZUMBA® fitness</b>	<b>ZUMBA® fitness</b>		12:00
12:30	Christian P. 12:00	Verena E. 12:00		Tanja L. 12:00	Christian P. 12:00	Olya Sch./ Anastasia D. 12:00		12:30
13:00	<b>BBRP</b>					<b>Fit Fight</b> <b>Basic/ Technik</b>		13:00
13:30	Janina D. 13:00					Jan P./ Bianca H. 13:00		13:30
14:00	<b>Bodyfit</b>					<b>Complete Body</b> <b>Workout</b>	<b>Bodyfit</b>	14:00
14:30	Janina D. 14:00					Jan P./ Bianca H. 14:00	Yannick T./ Sonia I. 14:00	14:30
15:00	<b>Mama Fitness</b>			<b>Abenteuer Bewegung</b> 2-6 Jahre			<b>Fatburner</b>	15:00
15:30	Alexandra B. 15:00			Phil G./ Dana W. 15:00		<b>Abenteuer Bewegung</b> 3-8 Jahre	Yannick T./ Sonia I. 15:00	15:30
16:00	<b>Complete Body</b> <b>Workout</b>	<b>Complete Body</b> <b>Workout</b>		<b>Abenteuer Bewegung</b> 4-8 Jahre	<b>Complete Body</b> <b>Workout</b>		<b>Fit Fight</b> <b>Basic/ Technik</b>	16:00
16:30	Alexandra B. 16:00	Birgit P. 16:00		Phil G./ Dana W. 16:00	Cindy W./ Nicole St. 16:00	Antonela Z./ Natalia W. 15:00	Andreas M./ Andrea R. 16:00	16:30
17:00	<b>ZUMBA® fitness</b>	<b>Fatburner</b>	<b>Step Simple</b>	<b>ZUMBA® fitness</b>	<b>Step Advanced</b>	<b>Complete Body</b> <b>Workout</b>	<b>Bodyfit</b>	17:00
17:30	Fiorella H. 17:00	Birgit P. 17:00	N.N. 17:00	Jaqueline M. 17:00	Cindy W./ Nicole St. 17:00	N.N./ N.N. 17:00	Andreas M./ Janina D. 17:00	17:30
18:00	<b>BBRP</b>	<b>Bodyfit</b>	<b>Fit Fight Basic/</b> <b>Technik</b>	<b>Complete Body</b> <b>Workout</b>	<b>Tough Class</b>	<b>Bodyfit</b>	<b>Step Fatburner</b>	18:00
18:30	Nuriye D. 18:00		N.N. 18:00	Betina H. 18:00	Olaf B. 18:00	N.N./ N.N. 18:00	N.N./ Henriette M. 18:00	18:30
19:00	<b>Fit Fight</b> <b>Basic/ Technik</b>	Gundula D. 18:00	<b>Soft-Fitness</b>	<b>HIIT</b>	<b>HIIT</b>		<b>BBRP</b>	19:00
19:30	Nuriye D. 19:00	Yannick T. 19:30	Leonie S. 19:00	Betina H. 19:00	Olaf B. 19:30		N.N./ Henriette M. 19:00	19:30
20:00	<b>Complete Body</b> <b>Workout</b>	<b>Step Fatburner</b>	<b>Complete Body</b> <b>Workout</b>	<b>Salsa 1</b> Singles	<b>Standard-Latein 2</b>			20:00
20:30	Yvonne G. 20:00	Yannick T. 20:00	Sabine L. 20:00	Keti N./ Gopal V. 20:00	Keti N./ Ulwe H. 20:00			20:30
21:00	<b>ZUMBA® fitness</b>			<b>Salsa 1</b>	<b>Standard-Latein 3</b>			21:00
21:30	Ana Luisa R. 21:00			Keti N./ Gopal V. 21:00	Keti N./ Ulwe H. 21:00			21:30

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**Gym 2**

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:15	<b>Rücken Power</b>	<b>Power-Yoga</b>	<b>Pilates</b>	<b>NIA</b>	<b>Hatha-Yoga</b>	<b>Power Yoga</b>	<b>Rücken Balance</b>	10:15
10:45	Zoya M. 10:15	Judith K. 10:15	Maude A. 10:15	Romana K. 10:15	Leslie H. 10:15	Wiebke P./ N.N. 10:15	Melanie K./ Inken P. 10:15	10:45
11:15	<b>Pilates</b>	<b>Rücken Power</b>	<b>Rücken Balance</b>	<b>Pilates</b>	<b>Kundalini-Yoga</b>	<b>Yin-Yoga</b>	<b>Pilates</b>	11:15
11:45	Zoya M. 11:15	Judith K. 11:15	Maude A. 11:15	Esther N. 11:15	Leslie H. 11:15	Wiebke P./ N.N. 11:15	Melanie K./ Inken P. 11:15	11:45
12:15		<b>FASZIO</b>	<b>Power-Yoga</b>	<b>Physio Fitness</b>	<b>Qi Gong</b>	<b>NIA</b>	<b>Hatha-Yoga</b>	12:15
12:45		Inken P. 12:15	Tina P. 12:15	Esther N. 12:15	Liz G. 12:15	Petra T./ Janina S. 12:15	Barbara K. 12:15	12:45
13:15	<b>Physio Fitness</b>		<b>Pilates</b>		<b>Tai Chi</b>	<b>Stretch &amp; Relax</b>	<b>Stretch &amp; Relax</b>	13:15
13:45	Esther N. 13:15		Saskia B. 13:15		Liz G. 13:15	Petra T./ Janina S. 13:15	Barbara K. 13:15	13:45
14:15	<b>Vinyasa Flow Yoga</b>	<b>Hatha-Yoga</b>	<b>FASZIO</b>		<b>Pilates</b>	<b>Rücken Balance</b>	<b>Modern Style Tai Chi</b>	14:15
14:45			Domenica P. 14:15		Brigitte L. 14:15	Petra T./ Ania R. 14:15	Alexander K. 14:15	14:45
15:15	Esther N. 14:15	Sigrid L. 14:15	<b>Yin-Yoga</b>	<b>Kindertanz/Ballett</b> 4-5 Jahre	<b>Vinyasa Flow Yoga</b>	<b>SALSATION®</b>	<b>Standard-Latein 1</b>	15:15
15:45	<b>Yin-Yoga</b>		Domenica P. 15:15	Tatjana W. 15:15	Brigitte L. 15:15	Dany C. 15:15	Miroslav K./ Sabine I. 15:15	15:45
16:15			<b>Qi Gong</b>	<b>Pilates</b>	<b>ZUMBA® fitness</b>	<b>STRONG by Zumba®</b>	<b>Standard-Latein 2</b>	16:15
16:45	Michael K. 15:45		Liz G. 16:15	Tatjana W. 16:15	Silvia S. 16:15	Maria F. 16:15	Miroslav K./ Sabine I. 16:15	16:45
17:15	<b>Pilates</b>	<b>Ballett Workout</b>	<b>Avi Mea</b>	<b>Hatha-Yoga</b>	<b>Rücken Power</b>	<b>Tango Argentino 1</b>	<b>Standard-Latein 3</b>	17:15
17:45	Elena D. 17:15	Brigitte L. 17:15	Frauke R. 17:15	Babak D. 17:15	Michael L. 17:15	Kaija K./ Thomas K. 17:15	Jian H./ Jürgen S. 17:15	17:45
18:15	<b>Power-Yoga</b>	<b>Modern Dance</b>	<b>Pilates</b>	<b>Stretch &amp; Relax</b>	<b>Kundalini-Yoga</b>	<b>Tango Argentino 2</b>	<b>Standard-Latein 4</b>	18:15
18:45	Andrea L. 18:15	Brigitte L. 18:15	Frauke R. 18:15	Babak D. 18:15	Michael L. 18:15	Kaija K./ Thomas K. 18:15	Jian H./ Jürgen S. 18:15	18:45
19:15	<b>Samba/ Samba-Reggae 1</b>	<b>Hatha-Yoga 1</b> ●	<b>Rücken Power</b>	<b>Pilates</b>	<b>Boogie Woogie 1</b>	<b>Gym 3</b>	<b>Salsa 1</b>	19:15
19:45	Joaquim R. 19:15	Hela H. 19:15		Claire R. 19:15	Claudia K./ Torsten K. 19:15		Maike W./ Antoine H. 19:15	19:45
20:15	<b>Samba/ Samba-Reggae 2</b>	<b>Hatha-Yoga 2</b> + Meditation			<b>Boogie Woogie 2</b>		<b>Salsa 2</b>	20:15
20:45	Joaquim R. 20:15	Hela H. 20:15	Nicole O. 19:15		Claudia K./ Torsten K. 20:15		Maike W./ Antoine H. 20:15	20:45
21:15								21:15
21:45								21:45

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