

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00	<b>deepWORK™</b>	<b>Complete Body Workout</b>		<b>Reha-Sport</b> <small>Anmeldung erforderlich</small>	<b>Cardiorobic</b>	<b>Fitness</b>	<b>deepWork™</b>	10:00
10:30	Andrea U. 10:00	Agostinho G. 10:00	<b>Step Fatburner</b>	Mathilde P. S. 10:00	Maika N. 10:00	Steffi G./ Annika B. 10:00	Larissa B. 10:00	10:30
11:00	<b>Complete Body Workout</b>	<b>Pilates</b>	Marianne St. 10:30	<b>Reha-Sport</b> <small>Anmeldung erforderlich</small>	<b>Complete Body Workout</b>	<b>BBRP</b>	<b>DANCE n Fitness Advanced</b>	11:00
11:30	Andrea U. 11:00	Agostinho G. 11:00	<b>BBRP</b>	Mathilde P. S. 11:00	Maika N. 11:00	Steffi G./ Annika B. 11:00	Larissa B. 11:00	11:30
12:00			Marianne St. 11:30	<b>Physio Fitness</b>	<b>Gymnastik</b>	<b>Bodyfit</b>	<b>Step Fatburner</b>	12:00
12:30				Anja S. 12:00	Sabine Sa. 12:00	Sabine Sch. 12:00	Anika K./ Nese M. 12:00	12:30
13:00				<b>BBRP</b>	<b>BBRP</b>	<b>Step Advanced</b>	<b>BBRP</b>	13:00
13:30				Anja S. 13:00	Sabine Sa. 13:00	Sabine Sch. 13:00	Anika K./ Nese M. 13:00	13:30
14:00		<b>BBRP</b>				<b>BBRP</b>	<b>Complete Body Workout</b>	14:00
14:30	<b>Babys, Abenteuer in Bewegung</b> <small>8 Mon. - 2,5 J.</small>	Marianne St. 14:00				Beate B-E./Anika K. 14:00	N.N./ Beate B.-E. 14:00	14:30
15:00		<b>Complete Body Workout</b>			<b>Tough Class</b>	<b>Tough Class</b>	<b>Step Fatburner</b>	15:00
15:30	Anna Julia S. 14:30	Marianne St. 15:00			Mariam T. 15:00	Beate B-E./Anika K. 15:00	N.N./ Beate B.-E. 15:00	15:30
16:00	<b>Bodyfit</b>	<b>BBRP</b>	<b>BBRP</b>	<b>BBRP</b>	<b>Complete Body Workout</b>		<b>BBRP</b>	16:00
16:30	Sandra F. 16:00	Sabine S. 16:00	Steffi G. 16:00	Julia F. 16:00	Mariam T. 16:00		Frederik J./ Liana H. 16:00	16:30
17:00	<b>HIIT</b>	<b>Tough Class</b>	<b>Complete Body Workout</b>	<b>Tough Class</b>	<b>Bodyfit</b>		<b>Tough Class</b>	17:00
17:30	Sandra F. 17:00 <b>Bauch Express</b>	Sabine S. 17:00	Steffi G. 17:00	Julia F. 17:00	Larissa B. 17:00		Frederik J./ Liana H. 17:00	17:30
18:00	<b>Step Advanced</b>	<b>Bodyfit</b>	<b>Cardiorobic</b>	<b>Step Advanced</b>	<b>deepWORK™</b>			18:00
18:30	Sabine Sch. 18:00	Andrea R. 18:00	Norman G. 18:00	Cindy W. 18:00	Larissa B. 18:00			18:30
19:00	<b>Tough Class</b>	<b>Fatburner</b>	<b>Bodyfit</b>	<b>Fit Fight Kombi</b>	<b>Zum-Dance</b>			19:00
19:30	Sabine Sch. 19:00	Andrea R. 19:00	Norman G. 19:00	Cindy W. 19:00	Noa E. 19:00			19:30
20:00	<b>Fitness</b>	<b>Fitness</b>	<b>Complete Body Workout</b> <small>+Stretching</small>	<b>Bodyfit</b>	<b>SALSATION®</b>			20:00
20:30			Yannick F. 20:00	Ilka M. 20:00	Palmina R. 20:00			20:30
21:00	Sabine K. 20:00	Sonja L. 20:00		<b>Hip Hop</b>				21:00
21:30				Kalidou B. 21:00				21:30

# Gym 1

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Stand April 2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
10:00				<b>Babys in Bewegung</b> 8-18 Monate		<b>Mama Fitness</b> + Rückbildung		10:00
10:30	<b>Physio Fitness</b>	<b>Babys in Bewegung</b> 8-18 Monate	<b>Pilates</b>		<b>Power-Yoga</b>	Nadine P. 10:00	<b>Abenteuer Bewegung</b> 1,5 - 3 Jahre	10:30
11:00	Erma W. 10:30	Anna Julia S. 10:30	Regina B. 10:30	Anna Julia S. 10:00	Olaf G. 10:30		Britta S./ Eva K. 10:30	11:00
11:30	<b>Best Age Fitness</b>		<b>Power Yoga</b>		<b>Yogalates</b>	Nadine P. 11:00	<b>Abenteuer Bewegung</b> 4 - 6 Jahre	11:30
12:00	Erma W. 11:30		Regina B. 11:30		Olaf G. 11:30		Britta S./ Eva K. 11:30	12:00
12:30		Petra T. 11:30	<b>Yin-Yoga</b>			<b>Sport für Schwangere</b> + Kundalini-Yoga		12:30
13:00			Inken P. 12:30			Barbara W./ Leslie H. 12:30	<b>Rücken Balance</b>	13:00
13:30							Andrea M. 13:00	13:30
14:00								14:00
14:30	<b>Rehasport</b> Anmeldung erforderlich			<b>Babys in Bewegung</b> 8-18 Monate			<b>Dance'n Strip</b>	14:00
15:00	Kathrin K. 14:30			Anna Julia S. 14:30	<b>Latein Technik</b>		Diana M. 14:00	14:30
15:30	<b>Rehasport</b> Anmeldung erforderlich	<b>Kindertanz/Ballett</b> 4 - 6 Jahre	<b>Kundalini-Yoga</b> + Bauch	<b>Abenteuer Bewegung</b> 1.5 - 2.5 Jahre	Mike W. 15:00		<b>Hip Hop</b> + Stretching	15:00
16:00	Kathrin K. 15:30	Tatjana W. 15:30		Anna Julia S. 15:30	<b>Standard Technik</b>		Diana M. 15:00	15:30
16:30	<b>Rücken Power</b>	<b>Kindertanz/Ballett</b> 5 - 9 Jahre	Beate B. 15:30		Mike W. 16:00		<b>Standard-Latein 1</b> + Discfox	16:00
17:00	Peter H. 16:30	Tatjana W. 16:30	<b>Pilates</b>	<b>Bauchtanz</b>			Wilhelm S. 16:30	16:30
17:30	<b>Qi Gong</b>	<b>Complete Body Workout</b>	Carolyn C. 17:00	Asa F. 16:30	<b>Hatha-Yoga</b>		<b>Standard-Latein 2</b> + Discfox	17:00
18:00	Peter H. 17:30	Steffi G. 17:30	<b>Hatha-Yoga</b>	<b>NIA</b>	Andrea L. 17:00	<b>Vinyasa Flow-Yoga</b> Kirsten C./ Petra M. 17:30	Wilhelm S. 17:30	17:30
18:30	<b>NIA</b>	<b>Rücken Power</b>			<b>Pilates</b>	<b>Yin-Yoga</b> Kirsten C./ Petra M. 18:30		18:00
19:00	Christiane G. 18:30	Steffi G. 18:30	Kerstin R. 18:00	Heike S. 18:00	Astrid B. 18:30			18:30
19:30	<b>Pilates</b>	<b>Po Shapina</b> Steffi G. 19:30	<b>Power Yoga</b>	<b>Vinyasa Flow-Yoga</b>	<b>Salsa 1</b> Karolina P./ Dario J. 19:30			19:00
20:00	Maren K. 19:30		Kirsten C. 19:30	Franziska Sch. 19:30				19:30
20:30	<b>Flow-Yoga</b>	<b>Kundalini-Yoga</b>	<b>Yin-Yoga</b>	<b>Yin-Yoga</b>	<b>Salsa 2</b> Karolina P./ Dario J. 20:30	<b>Gym 2</b>		20:00
21:00	Maren K. 20:30	Andreas H. 20:00	Kirsten C. 20:30	Franziska Sch. 20:30				20:30
21:30								21:00
								21:30

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sportspaß-Center Holsteinischer Kamp

Stand April 2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
10:00	<b>Kundalini-Yoga</b> Amrit N. 10:00						<b>Hatha-Yoga</b> Barbara K./ Hela H. ● 10:00	10:00	
10:30		<b>Rücken Power</b>	<b>Hatha-Yoga</b>	<b>Rücken Power</b>	<b>Rücken Power</b>	<b>Pilates</b> Birgit N./ Dario J. 10:30		10:30	
11:00		<b>Pilates</b> Elena D. 11:30	<b>Best Age Fitness</b> Eva B. 11:30	<b>Mama Fitness</b> Rückbildungs-Yoga Leslie H. 11:30	<b>Yogalates</b> Marisa C. 11:30	<b>FASZIO</b> Dana M. 11:30	<b>Rücken Power</b> Birgit N./ Dario J. 11:30	<b>Pilates</b> Frauke R. ● 11:30	11:00
11:30						<b>Hatha-Yoga</b> Anne St./ Katrin P. 12:30	<b>Avi Mea</b> Frauke R. 12:30	11:30	
12:00	<b>Rücken Balance</b> Elena D. 12:30							12:00	
12:30							<b>Soft-Fitness</b> Isabel M./ Zoya M. 13:30	12:30	
13:00							<b>Complete Body Workout</b> Isabel M./ Zoya M. 14:30	13:00	
13:30							<b>Rücken Power</b> Sabine J. 15:30	14:00	
14:00								14:30	
14:30								15:00	
15:00			<b>Soft-Fitness</b> Claudia Sch. 15:30		<b>Kindertanz/Rhythmik</b> 3 - 5 Jahre Lira M. 15:30	<b>ZUMBA® fitness</b> NICO F./ Silvia L. 16:00		15:30	
15:30			<b>Rücken Balance</b> Claudia Sch. 16:30		<b>Kindertanz/Rhythmik</b> 5 - 7 Jahre Lira M. 16:30	<b>Complete Body Workout</b> Olga E. 17:00	<b>SALSATION®</b> Linda S. 17:00	16:00	
16:00	<b>Soft-Fitness</b> Dürüye D.-S. 16:30	<b>Pilates</b> Juliane K. 17:00	<b>Fitness für Mollige</b> Brigitte J. 17:30	<b>Pilates</b> Maike M. 17:30	<b>Rücken Balance</b> Juliane K. 17:30			16:30	
16:30	<b>Complete Body Workout</b> Dürüye D.-S. ● 17:30	<b>Hatha-Yoga</b> Juliane K. 18:00	<b>Rücken Power</b> Arne G. 18:30	<b>Soft-Fitness</b> Maike M. 18:30	<b>FASZIO</b> Juliane K. 18:30		<b>Pilates</b> Ofelia R. 18:00	17:00	
17:00	<b>ZUMBA® fitness</b> Ulrike H. ● 18:30	<b>Mental Balance</b> Anne S. 19:00	<b>Best Age Fitness</b> Arne G. 19:30	<b>BBRP</b> Brigitte J. ● 19:30	<b>Yin-Yoga</b> Holger P. 19:30		<b>Ballett für Erwachsene</b> Ofelia R. 19:00	17:30	
17:30	<b>BBRP</b> Sabrina K. ● 19:30	<b>SALSATION®</b> Francesca I. 20:00	<b>Pilates</b> Katja P. 20:30	<b>Rücken Power</b> Brigitte J. 20:30		<b>Gym 3</b>		18:00	
18:00	<b>Rücken Power</b> Sabrina K. 20:30								18:30
18:30									19:00
19:00									19:30
19:30								20:00	
20:00								20:30	
20:30								21:00	
21:00								21:30	

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sportspaß-Center Holsteinischer Kamp

Stand April 2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag			
10:00		<b>Fit Fight Basic/Technik</b>	<b>Complete Body Workout</b>	<b>BBRP</b>	<b>BBRP</b>	<b>Cardiorobic</b>	<b>BBRP</b>	10:00		
10:30	<b>FASZIO</b>	Handan A. 10:00	Janina B. 10:00	Martina K. 10:00	Ulrike B. 10:00	Zehra K. 10:00	Claudia M.-F./ Jennifer Sch. 10:00	10:30		
11:00	Birte R. 10:30	<b>BBRP</b>	<b>Mama Fitness</b>	<b>Fatburner</b>	<b>Soft-Fitness</b>	<b>Complete Body Workout</b>	<b>Cardiorobic</b>	11:00		
11:30	<b>deepRELAX</b>	Handan A. 11:00	Janina B. 11:00	Martina K. 11:00	Ulrike B. 11:00	Zehra K. 11:00	Claudia M.-F./ Jennifer Sch. 11:00	11:30		
12:00	Birte R. 11:30		<b>Tanz &amp; Bewegung</b>	<b>ZUMBA® Gold</b>	<b>ZUMBA® fitness</b>	<b>Fit Fight Basic/Technik</b>	<b>Complete Body Workout</b>	12:00		
12:30			Sabine G. 12:00	Nicole A. 12:00	Amilcar R. 12:00	Andreas M. 12:00	Andrea M. 12:00	12:30		
13:00			<b>Rücken Power</b>			<b>Complete Body Workout</b>	<b>Specials</b>	13:00		
13:30			Sabine G. 13:00			Andreas M. 13:00		13:30		
14:00								13:00	14:00	
14:30									14:30	
15:00								15:00		
15:30								15:30		
16:00	<b>BBRP</b>				<b>Qi Gong</b>	<b>Fortbildungen/ Workshops</b>	<b>Fortbildungen/ Workshops</b>	16:00		
16:30	Claudia M.-F. 16:00				Thu-Cuc N. 16:00			16:30		
17:00	<b>Fit Fight Basic/Technik</b>	<b>ZUMBA® fitness</b>	<b>Sport für Schwangere</b>	<b>Fatburner</b>	<b>deepRELAX</b>			17:00		
17:30	Claudia M.-F. 17:00	Susanne W. 17:00	Katrin G. 17:00	Maja D. 17:00	Thu-Cuc N. 17:00			17:30		
18:00	<b>Bodyfit</b>	<b>BBRP</b>	<b>Tough Class</b>	<b>Complete Body Workout</b>	<b>Tough Class</b>			18:00		
18:30	Norman G. 18:00	Mareike W. 18:00	Christine A. 18:00	Sarah H./ Christine A. 18:00	Cathrin G. 18:00			18:30		
19:00	<b>Cardiorobic</b>	<b>deepWORK™</b>	<b>deepWORK™</b>	<b>Bodyfit</b>	<b>BBRP</b>			19:00		
19:30	Norman G. 19:00	Mareike W. 19:00	Christine A. 19:00	Sarah H./ Christine A. 19:00	Cathrin G. 19:00			19:30		
20:00		<b>Complete Body Workout</b>	<b>BBRP</b>					<b>Gym 4</b>		20:00
20:30		Anika K. 20:00	Tekla J. 20:00						20:30	
21:00		<b>Bodyfit</b>				21:00				
21:30		Anika K. 21:00				21:30				

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Stand April 2020