

# ANGEBOTE IM SPORTPAß-CENTER HARBURG

## GYM 1

| MONTAG              |       | DIENSTAG         |       | MITTWOCH       |       | DONNERSTAG                         |       | FREITAG                            |       | SAMSTAG          |       | SONNTAG                  |       |
|---------------------|-------|------------------|-------|----------------|-------|------------------------------------|-------|------------------------------------|-------|------------------|-------|--------------------------|-------|
| Workout 1+2         | 10:00 | Step Aerobic 1+2 | 10:00 | BBRP 1+2       | 10:00 | Pampersgymnastik<br>3-12 Monate    | 10:00 | Pampersgymnastik<br>12 Monate-2 J. | 10:00 | Workout 1+2      | 10:00 | Basicangebot/<br>Special | 10:30 |
| Bodyfit 1+2         | 11:00 | BBRP 1+2         | 11:00 | Cardiostep 1+2 | 11:00 | Pampersgymnastik<br>12 Monate-2 J. | 11:00 | Fitness für Minis<br>2-4 J.        | 11:00 | Cardiofit 1+2    | 11:00 |                          |       |
| Fitness für Mollige | 12:00 | Cardiofit 1+2    | 12:00 |                |       | BBRP 1+2                           | 12:00 | Bodyfit 1+2                        | 12:00 | Step Aerobic 1+2 | 12:00 |                          |       |
| BBRP 1+2            | 13:00 | Workout 1+2      | 13:00 |                |       | Cardiostep 1+2                     | 13:00 | BBRP 1+2                           | 13:00 | BBRP 1+2         | 13:00 |                          |       |
|                     |       |                  |       |                |       | Workout 1+2                        | 14:00 |                                    |       | Bodyfit 1+2      | 14:00 | Bodyfit 1+2              | 14:00 |
|                     |       |                  |       |                |       | Zum-Dance                          | 15:00 |                                    |       | Workout 1+2      | 15:00 | Step Aerobic 1           | 15:00 |
| Workout 1+2         | 16:00 | Cardiostep 1+2   | 16:00 | Cardiofit 1    | 16:00 | Fitness für Minis<br>4-6 J.        | 16:00 | Step Aerobic 1+2                   | 16:00 | Zum-Dance        | 16:00 | BBRP 1+2                 | 16:00 |
| Bodyfit 1+2         | 17:00 | BBRP 1+2         | 17:00 | Workout 1+2    | 17:00 | Yoga für Kinder<br>ab 6 J.         | 17:00 | Step Workout 1+2                   | 17:00 |                  |       | Cardiofit 1+2            | 17:00 |
| BBRP 1+2            | 18:00 | Bodyfit 1+2      | 18:00 | Softfitness    | 18:00 | Cardiofit 1+2                      | 18:00 | Aerobic 1+2                        | 18:00 |                  |       | Step Workout 1+2         | 18:00 |
| Cardiostep 1        | 19:00 | Workout 1+2      | 19:00 | Rückenfit      | 19:00 | Fitness für Mollige                | 19:00 | BBRP 1+2                           | 19:00 |                  |       | Bodyfit 1+2              | 19:00 |
| Workout 1+2         | 20:00 | Cardiofit 1+2    | 20:00 | Fit Fight 1+2  | 20:00 | Step Aerobic 1                     | 20:00 | Cardiostep 1+2                     | 20:00 |                  |       |                          |       |
| Fit Fight 1+2       | 21:00 | BBRP 1+2         | 21:00 | Workout 1+2    | 21:00 | BBRP 1                             | 21:00 | Bodyfit 1+2                        | 21:00 |                  |       |                          |       |

## GYM 2

| MONTAG          |       | DIENSTAG                    |       | MITTWOCH                        |       | DONNERSTAG          |       | FREITAG                          |       | SAMSTAG                     |       | SONNTAG                          |       |
|-----------------|-------|-----------------------------|-------|---------------------------------|-------|---------------------|-------|----------------------------------|-------|-----------------------------|-------|----------------------------------|-------|
| Pilates         | 10:30 | Fitness Spezial<br>bis 3 J. | 10:30 | Rücken Spezial                  | 10:30 | Power Yoga          | 10:30 | Rückenfit                        | 10:30 | Stretching &<br>Entspannung | 10:30 | BBRP 1+2                         | 10:30 |
| Softfitness     | 11:30 | Wellness Workout            | 11:30 | Energy Dance                    | 11:30 | Rückenfit           | 11:30 | Pilates                          | 11:30 | Ballet 1+2                  | 11:30 | Cardiofit 1+2                    | 11:30 |
|                 |       |                             |       |                                 | 12:30 |                     | 12:30 |                                  | 12:30 | Power Yoga                  | 12:30 | Pilates                          | 12:30 |
|                 |       |                             |       |                                 | 13:30 |                     | 13:30 |                                  | 13:30 | Hatha Yoga 1+2              | 13:30 | Rückenfit                        | 13:30 |
|                 |       | Modern Style<br>Tai Chi     | 14:30 |                                 | 14:30 |                     | 14:30 |                                  | 14:30 | Bollydance 1+2              | 14:30 | Softfitness                      | 14:30 |
| Zum-Dance       | 15:30 | Kundalini-Yoga<br>1+2       | 15:30 | Kindertanz &<br>Rhythmik 3-5 J. | 15:30 | BBRP 1+2            | 15:30 | Selbstverteidigung<br>6-8 J.     | 15:30 | Bollydance<br>ab 8 J.       | 15:30 | Wellness Workout                 | 15:30 |
| Salsa Dance 1+2 | 16:30 | Bauch-Yoga                  | 16:30 | Kindertanz &<br>Rhythmik 6-8 J. | 16:30 | Bodyfit 1+2         | 16:30 | Selbstverteidigung<br>9-12 J.    | 16:30 | Hip Hop 10-14 J.            | 16:30 |                                  |       |
| Qi Gong         | 17:30 | Line-Dance 1+2              | 17:30 | Videoclipdance<br>ab 9 J.       | 17:30 | Rückenfit           | 17:30 | Standard Latein 1<br>für Singles | 17:30 | Hip Hop 1+2                 | 17:30 | Standard Latein 1<br>für Singles | 17:30 |
| Tai Chi 1+2     | 18:30 | Rückenfit                   | 18:30 | Hip Hop 1+2                     | 18:30 | Pilates             | 18:30 | Disco-Fox 1<br>für Singles       | 18:30 |                             | 18:30 | Standard Latein 1<br>für Paare   | 18:30 |
| Ballett 1+2     | 19:30 | Nia                         | 19:30 | Hatha Yoga 1+2                  | 19:30 | Zum-Dance           | 19:30 | Dirty Dancing                    | 19:30 |                             | 19:30 | Tango Argentino 1<br>für Singles | 19:30 |
| Dance Work      | 20:30 | Stretching &<br>Entspannung | 20:30 | Pilates                         | 20:30 | Salsa 1 für Singles | 20:30 | Zum-Dance                        | 20:30 |                             | 20:30 | Tango Argentino 1<br>für Singles | 20:30 |