

Sommerprogramm 2018 – Studio Kieler Straße

Vom 09.07. - 19.08.2018



Alle Outdoor-Spezials findet ihr auf der Rückseite!
 Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp, finden wie gewohnt statt.
 Während des Sommerprogrammes dürfen alle Mitglieder in allen On Stage Studios trainieren!
 Hinweis: Das Sommerprogramm kann sich Woche für Woche ändern (auch die Räume).

1. Woche 09.07.-15.07.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:15 Pilates - Martina B.	20:15-21:30 Modern (Anfänger) - Martina B.
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Hip Hop - Alessandra	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo		
Sa	E1	12:30-13:45 Modern (Basis) - Martina B.	13:45-14:45 Pilates - Martina B.	
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

BR= Boxraum

Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
 Mittwoch 19:30-20:00 Uhr
 Freitag 19:30-20:00 Uhr

2. Woche 16.07.-22.07.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:15 Pilates - Martina B.	20:15-21:30 Modern (Anfänger) - Martina B.
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2		19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Martina B.	13:45-14:45 Pilates - Martina B.	
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

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Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
 Mittwoch 19:30-20:00 Uhr
 Freitag 19:30-20:00 Uhr

3. Woche 23.07.-29.07.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Island Vibes - Safija	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Mona S.		
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2			

Weitere Hinweise und Informationen:

Unsere Sommer-Outdoor-Spezials:

Outdoor 1: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel C. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 2: dienstags, 19:15-20:15 Uhr, Lauftreff im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 3: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 30.07.-05.08.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	BR 19:00-20:15 Fight Fitness Club - Kayes
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.		
	E2	18:30-19:30 Island Vibes - Safija	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Mona S.		
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

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Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
Mittwoch 19:30-20:00 Uhr
Freitag 19:30-20:00 Uhr

5. Woche 06.08.-12.08.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-19:30 Strong Core - Daniela H. 19:30-20:30 Yin Yoga - Daniela H.	BR 19:00-20:15 Fight Fitness Club - Kayes
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Hip Hop - Alessandra	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1			
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

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Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
Mittwoch 19:30-20:00 Uhr
Freitag 19:30-20:00 Uhr

6. Woche 13.08.-19.08.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-19:30 Strong Core - Daniela H. 19:30-20:30 Yin Yoga - Daniela H.	BR 19:00-20:15 Fight Fitness Club - Kayes
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Hip Hop - Alessandra	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Mona S.		
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	