

# Sommerprogramm 2017 – Studio Conventstraße

Vom 24.07. - 03.09.2017



Alle Outdoor-Spezials findet ihr auf der Rückseite!

Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp finden wie gewohnt statt

Ausnahme: Conventstraße-Dienstags, Early Bird Yoga-Petra, Neu: 08:00-09:00

Während des Sommerprogrammes dürfen alle Mitglieder in allen On Stage Studios trainieren!

Hinweis: Das Sommerprogramm kann sich Woche für Woche ändern.

## 1. Woche 24.07.17-30.07.17

|    |    |  |   |                                       |
|----|----|--|---|---------------------------------------|
| Mo | C1 | 18:30-19:30 Tae Bow-Jenny S.               | 19:30-21:00 Jazz (Mittel)-Sonia                   |                                       |
|    | C4 | 18:30-19:30 Latin Jazz (Anf.)-Asja         | <b>C3</b> 19:45-21:00 Power Yoga-Asja             | 20:30-21:30 Dancehall-Sofie           |
| Di | C1 | 18:30-19:30 Fight Fitness-Jotis            | 19:30-20:30 YAB. SMART-Christian                  | 20:30-21:30 YAB. WORKOUT-Christian    |
|    | C4 | 18:15-19:15 Functional Body Fitness-Fabian | 19:15-20:30 Hip Hop-Franklyn                      |                                       |
| Mi | C1 | 18:30-19:30 Hip Hop (House)-Franklyn       | 19:30-20:15 Bauch Spezial-Mo                      | 20:15-21:30 Hip Hop X Fusion-Danergy  |
|    | C4 | 18:30-19:30 Zumba-Silvia                   | 19:45-21:00 Fight Fitness-Jotis                   |                                       |
| Do | C1 | 18:30-19:30 Langhantel Power-Mo            | 19:45-20:15 Bauch Spezial (Anfänger)-Mo           | 20:30-21:30 Dancehall-Sofie           |
|    | C4 |  | 19:15-20:15 Latin Jazz (Anf.)-Asja                | <b>C3</b> 20:15-21:15 Yoga-Asja       |
| Fr | C1 | 18:30-19:30 Zumba-Bärbel                   | 20:00-21:15 Hip Hop-Jeremias                      |                                       |
|    | C4 | 18:15-19:15 Langhantel Power-Victor S.A.   | 19:15-20:15 High Impact Power Workout-Victor S.A. |                                       |
| Sa | C1 |  |   | 16:00-17:15 Hip Hop (Commercial)-Memo |
|    | C4 | 15:00-16:00 Strong by Zumba-Robert         | 16:00-17:00 Zumba-Robert                          |                                       |
| So | C1 | 13:30-14:45 Fight Fitness-Jotis            | 14:45-15:45 Dancehall Fitness-Leroy               | 16:00-17:00 Dancehall-Leroy           |
|    | C3 | 11:30-12:45 Yoga-Asja                      |   |                                       |

## 2. Woche 31.07.17-06.08.17

|    |    |  |   |                                       |
|----|----|--|---|---------------------------------------|
| Mo | C1 | 18:30-19:30 Tae Bow-Jenny S.               |   |                                       |
|    | C4 | 18:30-19:30 Latin Jazz (Anf.)-Asja         | <b>C3</b> 19:45-21:00 Power Yoga-Asja             | 20:30-21:30 Dancehall-Sofie           |
| Di | C1 | 18:30-19:30 Fight Fitness-Jotis            | 19:30-20:30 YAB. SMART-Christian                  | 20:30-21:30 YAB. WORKOUT-Christian    |
|    | C4 | 18:15-19:15 Functional Body Fitness-Fabian | 19:15-20:30 Hip Hop-Franklyn                      |                                       |
| Mi | C1 | 18:30-19:30 Hip Hop (House)-Franklyn       | 19:30-20:15 Bauch Spezial-Mo                      | 20:15-21:30 Hip Hop X Fusion-Danergy  |
|    | C3 | 18:30-19:30 Zumba-Silvia                   | 19:45-21:00 Fight Fitness-Jotis                   |                                       |
| Do | C1 | 18:30-19:30 Langhantel Power-Mo            | 19:45-20:15 Bauch Spezial (Anfänger)-Mo           | 20:30-21:30 Dancehall-Safija          |
|    | C4 |  | 19:15-20:15 Latin Jazz (Anf.)-Asja                | 20:15-21:15 Yoga-Asja                 |
| Fr | C1 | 18:30-19:30 Zumba-Bärbel                   |   |                                       |
|    | C4 | 18:15-19:15 Langhantel Power-Victor S.A.   | 19:15-20:15 High Impact Power Workout-Victor S.A. |                                       |
| Sa | C1 |  |   | 16:00-17:15 Hip Hop (Commercial)-Memo |
|    | C4 | 15:00-16:00 Strong by Zumba-Robert         | 16:00-17:00 Zumba-Robert                          |                                       |
| So | C1 | 13:30-14:45 Fight Fitness-Jotis            | 14:45-15:45 Dancehall Fitness-Leroy               | 16:00-17:00 Dancehall-Leroy           |
|    | C3 | 11:30-12:45 Yoga-Asja                      |   |                                       |

## 3. Woche 07.08.17-13.08.17

|    |    |  |   |                                       |
|----|----|--|---|---------------------------------------|
| Mo | C1 | 18:30-19:30 Tae Bow-Jenny S.               |   |                                       |
|    | C4 | 18:30-19:30 Latin Jazz (Anf.)-Asja         | <b>C3</b> 19:45-21:00 Power Yoga-Asja             | 20:30-21:30 Dancehall-Safija          |
| Di | C1 | 18:30-19:30 Fight Fitness-Jotis            | 19:30-20:30 YAB. SMART-Christian                  | 20:30-21:30 YAB. WORKOUT-Christian    |
|    | C4 | 18:15-19:15 Functional Body Fitness-Fabian | 19:15-20:30 Hip Hop-Franklyn                      |                                       |
| Mi | C1 | 18:30-19:30 Hip Hop (House)-Franklyn       | 19:30-20:15 Bauch Spezial-Mo                      | 20:15-21:30 Hip Hop X Fusion-Danergy  |
|    | C3 | 18:30-19:30 Zumba-Silvia                   | 19:45-21:00 Fight Fitness-Jotis                   |                                       |
| Do | C1 | 18:30-19:30 Langhantel Power-Mo            | 19:45-20:15 Bauch Spezial (Anfänger)-Mo           | 20:30-21:30 Dancehall-Safija          |
|    | C4 |  | 19:15-20:15 Latin Jazz (Anf.)-Asja                | 20:15-21:15 Yoga-Asja                 |
| Fr | C1 | 18:30-19:30 Zumba-Bärbel                   |   |                                       |
|    | C4 | 18:15-19:15 Langhantel Power-Victor S.A.   | 19:15-20:15 High Impact Power Workout-Victor S.A. |                                       |
| Sa | C1 |  |   | 16:00-17:15 Hip Hop (Commercial)-Memo |
|    | C4 | 15:00-16:00 Strong by Zumba-Robert         | 16:00-17:00 Zumba-Robert                          |                                       |
| So | C1 | 13:30-14:45 Fight Fitness-Jotis            | 14:45-15:45 BBP-Steven                            |                                       |
|    | C3 | 11:30-12:45 Yoga-Asja                      |   |                                       |

Weitere Hinweise und Informationen:

**Unsere Sommer-Outdoor-Spezials:**

Outdoor 1: montags, 17:00-18:00 Uhr, Outdoor-Functional Training mit Daniel & Vujadin. Treffpunkt: 17:00 Uhr an der Rezeption im Studio Kieler Straße.

Outdoor 2: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 3: dienstags, 19:15-20:15 Uhr, Lauftreff im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 4: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 14.08.17-20.08.17

|    |    |  |   |                                       |
|----|----|--|---|---------------------------------------|
| Mo | C1 | 18:30-19:30 Tae Bow-Jenny S.               |   |                                       |
|    | C4 | 18:30-19:30 Latin Jazz (Anf.)-Asja         | <b>C3</b> 19:45-21:00 Power Yoga-Asja             | 20:30-21:30 Dancehall-Safija          |
| Di | C1 | 18:30-19:30 Fight Fitness-Jotis            | 19:30-20:30 YAB. SMART-Christian                  | 20:30-21:30 YAB. WORKOUT-Christian    |
|    | C4 | 18:15-19:15 Functional Body Fitness-Fabian | 19:15-20:30 Hip Hop-Franklyn                      |                                       |
| Mi | C1 | 18:30-19:30 Hip Hop (House)-Franklyn       | 19:30-20:15 Bauch Spezial-Mo                      | 20:15-21:30 Hip Hop X Fusion-Danergy  |
|    | C3 | 18:30-19:30 Zumba-Silvia                   | 19:45-21:00 Fight Fitness-Jotis                   |                                       |
| Do | C1 | 18:30-19:30 Langhantel Power-Mo            | 19:45-20:15 Bauch Spezial (Anfänger)-Mo           | 20:30-21:30 Dancehall-Safija          |
|    | C4 |  | 19:15-20:15 Latin Jazz (Anf.)-Asja                | 20:15-21:15 Yoga-Asja                 |
| Fr | C1 | 18:30-19:30 Zumba-Bärbel                   | 20:00-21:15 Hip Hop-Jeremias                      |                                       |
|    | C4 | 18:15-19:15 Langhantel Power-Victor S.A.   | 19:15-20:15 High Impact Power Workout-Victor S.A. |                                       |
| Sa | C1 |  |   | 16:00-17:15 Hip Hop (Commercial)-Memo |
|    | C4 | 15:00-16:00 Strong by Zumba-Robert         | 16:00-17:00 Zumba-Robert                          |                                       |
| So | C1 | 13:30-14:45 Fight Fitness-Jotis            | 14:45-15:45 BBP-Steven                            |                                       |
|    | C3 | 11:30-12:45 Yoga-Asja                      |   |                                       |

5. Woche 21.08.17-27.08.17

|    |    |  |   |                                       |
|----|----|--|---|---------------------------------------|
| Mo | C1 | 18:30-19:30 Tae Bow-Jenny S.               | 19:30-21:00 Jazz (Mittel)-Sonia                   |                                       |
|    | C4 | 18:30-19:30 Latin Jazz (Anf.)-Asja         | <b>C3</b> 19:45-21:00 Power Yoga-Asja             | 20:30-21:30 Dancehall-Safija          |
| Di | C1 | 18:30-19:30 Fight Fitness-Jotis            | 19:30-20:30 YAB. SMART-Christian                  | 20:30-21:30 YAB. WORKOUT-Christian    |
|    | C4 | 18:15-19:15 Functional Body Fitness-Fabian | 19:15-20:30 Hip Hop-Franklyn                      |                                       |
| Mi | C1 | 18:30-19:30 Hip Hop (House)-Franklyn       | 19:30-20:15 Bauch Spezial-Mo                      | 20:15-21:30 Hip Hop X Fusion-Danergy  |
|    | C3 | 18:30-19:30 Zumba-Silvia                   | 19:45-21:00 Fight Fitness-Jotis                   |                                       |
| Do | C1 | 18:30-19:30 Langhantel Power-Mo            | 19:45-20:15 Bauch Spezial (Anfänger)-Mo           | 20:30-21:30 Dancehall-Safija          |
|    | C4 |  | 19:15-20:15 Latin Jazz (Anf.)-Asja                | 20:15-21:15 Yoga-Asja                 |
| Fr | C1 |  | 20:00-21:15 Hip Hop-Jeremias                      |                                       |
|    | C4 | 18:15-19:15 Langhantel Power-Victor S.A.   | 19:15-20:15 High Impact Power Workout-Victor S.A. |                                       |
| Sa | C1 | 11:00-12:00 Deepwork-Sonia                 | 12:00-13:00 Zumba-Sonia                           | 16:00-17:15 Hip Hop (Commercial)-Memo |
|    | C4 |  |   |                                       |
| So | C1 | 13:30-14:45 Fight Fitness-Jotis            | 14:45-15:45 BBP-Steven                            |                                       |
|    | C3 | 11:30-12:45 Yoga-Asja                      |   |                                       |

6. Woche 28.08.17-03.09.17

|    |    |  |   |                                       |
|----|----|--|---|---------------------------------------|
| Mo | C1 | 18:30-19:30 Tae Bow-Jenny S.               | 19:30-21:00 Jazz (Mittel)-Sonia         |                                       |
|    | C4 | 18:30-19:30 Latin Jazz (Anf.)-Asja         | <b>C3</b> 19:45-21:00 Power Yoga-Asja   | 20:30-21:30 Dancehall-Safija          |
| Di | C1 | 18:30-19:30 Fight Fitness-Jotis            | 19:30-20:30 YAB. SMART-Christian        | 20:30-21:30 YAB. WORKOUT-Christian    |
|    | C4 | 18:15-19:15 Functional Body Fitness-Fabian | 19:15-20:30 Hip Hop-Franklyn            |                                       |
| Mi | C1 | 18:30-19:30 Hip Hop (House)-Franklyn       | 19:30-20:15 Bauch Spezial-Mo            | 20:15-21:30 Hip Hop X Fusion-Danergy  |
|    | C3 | 18:30-19:30 Zumba-Silvia                   | 19:45-21:00 Fight Fitness-Jotis         |                                       |
| Do | C1 | 18:30-19:30 Langhantel Power-Mo            | 19:45-20:15 Bauch Spezial (Anfänger)-Mo | 20:30-21:30 Dancehall-Sofie           |
|    | C4 |  | 19:15-20:15 Latin Jazz (Anf.)-Asja      | 20:15-21:15 Yoga-Asja                 |
| Fr | C1 |  | 20:00-21:15 Hip Hop-Jeremias            |                                       |
|    | C4 | 18:15-19:15 Langhantel Power-Victor S.A.   | P                                       |                                       |
| Sa | C1 | 11:00-12:00 Deepwork-Sonia                 | 12:00-13:00 Zumba-Sonia                 | 16:00-17:15 Hip Hop (Commercial)-Memo |
|    | C4 |  |   |                                       |
| So | C1 | 13:30-14:45 Fight Fitness-Jotis            | 14:45-15:45 BBP-Steven                  |                                       |
|    | C3 | 11:30-12:45 Yoga-Asja                      |   |                                       |