

Sommerprogramm 2017 – Studio Kieler Straße

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.

FF: Fitnessfläche

1. Woche 24.07.17-30.07.17

Mo	E1	18:30-19:30 Power Workout-Victor S.A.	19:45-20:45 Langhantel Power-Victor S.A.	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	11:00-12:30 Body Workout-Sebastian	19:00-19:30 Bauch Spezial-Victoria H.	19:30-20:30-Yin Yoga-Victoria H.
Di	E1	18:30-19:30 YAB. WORKOUT-Jenny S.	19:30-20:30 Yoga-Jenny S.	FF 18:15-18:45 SYNRGY XL Zirkeltraining
	E2	18:30-20:00 Kickbox Fitness Brian		
Mi	E1	19:30-20:30 BBP-John	20:30-21:30 Zumba-Nina	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	20:30-21:45 The Anchor Community Class (Hip Hop)		
Do	E1	18:30-19:30 High Impact Power Workout-Victor S.A	19:30-21:00 Box Training-Brian	
	E2	19:15-20:15 Stretching-Lisa	20:15-21:30 Modern(Anf.)-Lisa	
Fr	E1	18:15-19:15 YAB. WORKOUT-Christian	19:15-20:15 YAB. SMART-Christian	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	18:30-19:45 Hip Hop-Memo	19:45-20:45 Dancehall-Leroy	
Sa	E1	11:00-12:30 Yoga-Jana	12:30-13:45 Modern(Basis)-Nora	
	E2	15:00-16:00 Hip Hop-Nelson	16:00-17:30 Box Fitness-Brian	
So	E1	11:00-12:15 Yoga-Jerome	12:15-13:30 Ballett (Anf.)-Jerome	
	E2	12:15-13:15 BBP-Zasou	17:30-18:30 Body Complete-John	

FF: Fitnessfläche

2. Woche 31.07.17-06.08.17

Mo	E1	18:30-19:30 Power Workout-Victor S.A.	19:45-20:45 Langhantel Power-Victor S.A.	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	11:00-12:30 Body Workout-Sebastian	19:00-19:30 Bauch Spezial-Raphaella	19:30-20:30-Yin Yoga-Raphaella
Di	E1	18:30-19:30 YAB. WORKOUT-Jenny S.	19:30-20:20:30 Yoga-Jenny S.	FF 18:15-18:45 SYNRGY XL Zirkeltraining
	E2	18:30-20:00 Kickbox Fitness Brian		
Mi	E1	19:30-20:30 BBP-John	20:30-21:30 Zumba-Nina	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	20:30-21:45 The Anchor Community Class (Hip Hop)		
Do	E1	18:30-19:30 High Impact Power Workout-Victor S.A	19:30-21:00 Box Training-Brian	
	E2	19:15-20:15 Pilates-Brigitte	20:15-21:30 Modern(Anf.)-Brigitte	
Fr	E1	18:15-19:15 YAB. WORKOUT-Christian	19:15-20:15 YAB. SMART-Christian	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	18:30-19:45 Hip Hop-Memo	19:45-20:45 Dancehall-Leroy	
Sa	E1	11:00-12:30 Yoga-Jana	12:30-13:45 Modern(Basis)-Nora	
	E2	15:00-16:00 Hip Hop-Nelson	16:00-17:30 Box Fitness-Brian	
So	E1	11:00-12:15 Yoga-Jerome	12:15-13:30 Ballett (Anf.)-Jerome	
	E2	12:15-13:15 BBP-Zasou	17:30-18:30 Body Complete-John	

FF: Fitnessfläche

3. Woche 07.08.17-13.08.17

Mo	E1	18:30-19:30 Power Workout-Victor S.A.	19:45-20:45 Langhantel Power-Victor S.A.	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	11:00-12:30 Body Workout-Sebastian	19:00-19:30 Bauch Spezial-Raphaella	19:30-20:30-Yin Yoga-Raphaella
Di	E1	18:30-19:30 YAB. WORKOUT-Jenny S.	19:30-20:20:30 Yoga-Jenny S.	FF 18:15-18:45 SYNRGY XL Zirkeltraining
	E2	18:30-20:00 Kickbox Fitness Brian		
Mi	E1	19:30-20:30 BBP-John	20:30-21:30 Zumba-Nina	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	20:30-21:45 The Anchor Community Class (Hip Hop)		
Do	E1	18:30-19:30 High Impact Power Workout-Victor S.A	19:30-21:00 Box Training-Brian	
	E2	19:15-20:15 Pilates-Brigitte	20:15-21:30 Modern(Anf.)-Brigitte	
Fr	E1	18:15-19:15 YAB. WORKOUT-Christian	19:15-20:15 YAB. SMART-Christian	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	18:30-19:45 Hip Hop-Memo	19:45-20:45 Dancehall-Brianna	
Sa	E1	11:00-12:30 Yoga-Jana	12:30-13:45 Modern(Basis)-Nora	
	E2	15:00-16:00 Hip Hop-Nelson	16:00-17:30 Box Fitness-Brian	
So	E1	10:30-11:30 Ballett-Jerome(13.08 im Cruise Center)	12:30-13:30 Modern-Jerome(13.08 im Cruise Center)	
	E2	12:15-13:15 BBP-Zasou	17:30-18:30 Body Complete-John	

FF: Fitnessfläche

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	E1	18:30-19:30 Power Workout-Victor S.A.	19:45-20:45 Langhantel Power-Victor S.A.	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	11:00-12:30 Body Workout-Sebastian	19:00-19:30 Bauch Spezial-Victoria H.	19:30-20:30-Yin Yoga-Victoria H.
Di	E1	18:30-19:30 YAB. WORKOUT-Jenny S.	19:30-20:20:30 Yoga-Jenny	FF 18:15-18:45 SYNRGY XL Zirkeltraining
	E2	18:30-20:00 Kickbox Fitness Brian		
Mi	E1	19:30-20:30 BBP-John	20:30-21:30 Zumba-Nina	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	20:30-21:45 The Anchor Community Class (Hip Hop)		
Do	E1	18:30-19:30 High Impact Power Workout-Victor S.A	19:30-21:00 Box Training-Brian	
	E2	19:15-20:15 Stretching-Lisa	20:15-21:30 Modern(Anf.)-Lisa	
Fr	E1	18:15-19:15 YAB. WORKOUT-Christian	19:15-20:15 YAB. SMART-Christian	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	18:30-19:45 Hip Hop-Memo	19:45-20:45 Dancehall-Brianna	
Sa	E1	11:00-12:30 Yoga-Jana	12:30-13:45 Modern (Basis)-Nora	
	E2	15:00-16:00 Hip Hop-Nelson	16:00-17:30 Box Fitness-Brian	
So	E1	11:00-12:15 Yoga-Jerome	12:15-13:30 Ballett (Anf.)-Jerome	
	E2	12:15-13:15 BBP-Anna	17:30-18:30 Body Complete-John	

FF: Fitnessfläche

5. Woche 21.08.17-27.08.17

Mo	E1	18:30-19:30 Power Workout-Victor S.A.	19:45-20:45 Langhantel Power-Victor S.A.	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	11:00-12:30 Body Workout-Sebastian	19:00-19:30 Bauch Spezial-Victoria H.	19:30-20:30-Yin Yoga-Victoria H.
Di	E1	18:30-19:30 YAB. WORKOUT-Jenny S.	19:30-20:20:30 Yoga-Jenny	FF 18:15-18:45 SYNRGY XL Zirkeltraining
	E2	18:30-20:00 Kickbox Fitness Brian		
Mi	E1	19:30-20:30 BBP-John	20:30-21:30 Zumba-Nina	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	20:30-21:45 The Anchor Community Class (Hip Hop)		
Do	E1	18:30-19:30 High Impact Power Workout-Victor S.A	19:30-21:00 Box Training-Brian	
	E2	19:15-20:15 Stretching-Lisa	20:15-21:30 Modern (Anf.)-Lisa	
Fr	E1	18:15-19:15 YAB. WORKOUT-Christian	19:15-20:15 YAB. SMART-Christian	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	18:30-19:45 Hip Hop-Memo	19:45-20:45 Dancehall-Brianna	
Sa	E1	11:00-12:30 Yoga-Jana	12:30-13:45 Modern (Basis)-Nora	
	E2	15:00-16:00 Hip Hop-Nelson	16:00-17:30 Box Fitness-Brian	
So	E1	11:00-12:15 Yoga-Jerome	12:15-13:30 Ballett (Anf.)-Jerome	
	E2	12:15-13:15 BBP-Anna	17:30-18:30 Body Complete-John	

FF: Fitnessfläche

6. Woche 28.08.17-03.09.17

Mo	E1	18:30-19:30 Power Workout-Victor S.A.	19:45-20:45 Langhantel Power-Victor S.A.	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	11:00-12:30 Body Workout-Sebastian	19:00-19:30 Bauch Spezial-Victoria H.	19:30-20:30-Yin Yoga-Victoria H.
Di	E1	18:30-19:30 YAB. WORKOUT-Jenny S.	19:30-20:20:30 Yoga-Jenny	FF 18:15-18:45 SYNRGY XL Zirkeltraining
	E2	18:30-20:00 Kickbox Fitness Brian		
Mi	E1	19:30-20:30 BBP-John	20:30-21:30 Zumba-Nina	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	20:30-21:45 The Anchor Community Class (Hip Hop)		
Do	E1	18:30-19:30 High Impact Power Workout-Victor S.A	19:30-21:00 Box Training-Brian	
	E2	19:15-20:15 Stretching-Lisa	20:15-21:30 Modern (Anf.)-Lisa	
Fr	E1	18:15-19:15 YAB. WORKOUT-Christian	19:15-20:15 YAB. SMART-Christian	FF 19:30-20:00 SYNRGY XL Zirkeltraining
	E2	18:30-19:45 Hip Hop-Memo		
Sa	E1	11:00-12:30 Yoga-Jana	12:30-13:45 Modern (Basis)-Nora	
	E2	15:00-16:00 Hip Hop-Nelson	16:00-17:30 Box Fitness-Brian	
So	E1	11:00-12:15 Yoga-Jerome	12:15-13:30 Ballett (Anf.)-Jerome	
	E2	12:15-13:15 BBP-Zasou	17:30-18:30 Body Complete-John	

FF: Fitnessfläche