



Fitnessangebot im Sportforum

Montag

08:30 - 09:30	Yoga	Gym 1
09:00 - 10:00	Fitness 50+ (Frauen)	Saal 1
09:00 - 10:30	Yoga (Hatha Yoga)	Gym 3
09:30 - 10:15	Bodystyling	Gym 1
10:00 - 11:00	WSG	Saal 1
10:15 - 11:00	BBRP	Gym 1
10:45 - 12:15	Yoga (Kundalini Yoga)	Gym 2
11:00 - 12:15	Qi Gong	Gym 1
11:00 - 12:00	Fit Mix	Saal 1
11:15 - 12:15	Nordic Walking	Sportforum
15:00 - 16:00	Gymnastik 50+ (Männer)	Gym 2
16:30 - 17:30	Fit Mix	Saal 1
17:00 - 18:00	BOKWA	Gym 4
17:15 - 18:45	Yoga (Hatha Yoga)	Gym 3
17:30 - 18:30	Fitnessgymnastik	Saal 1
18:00 - 19:00	Langhantel	Gym 1
18:30 - 19:30	BBRP	Saal 1
18:45 - 19:30	Pilates	Gym 2
18:45 - 20:15	Yoga (Hatha Yoga, Fortgeschrittene)	Gym 3
19:00 - 20:00	Indoor Cycling	Gym 1
19:30 - 20:30	Fatburner	Saal 1
19:30 - 20:30	Qi Gong	Gym 2
20:30 - 22:00	Fitness 50+ (Männer)	Gym 4
20:30 - 21:30	Zumba	Saal 1

Stand: Juni 2018 (Änderungen vorbehalten)

Dienstag

08:45 - 09:45	Fitness 50+ (Männer)	Gym 2
09:00 - 10:00	Gymnastik 50+	Gym 1
09:00 - 10:00	Mobilisation	Gym 3
09:25 - 09:55	Walking	Sportforum
10:00 - 11:00	Gymnastik 50+ (a.d. Hocker)	Gym 3
10:00 - 10:45	WSG	Gym 1
10:00 - 11:00	Fitnessstraining (Frauen)	Gym 2
10:45 - 12:00	Qi Gong	Gym 1
11:00 - 12:00	Fitnessgymnastik (Frauen)	Saal 1
11:00 - 12:30	Yoga (Hatha Yoga, Fortgeschrittene)	Gym 2
11:00 - 12:00	Fatburner	Gym 4
12:30 - 14:00	Yoga (Hatha Yoga)	Gym 2
16:00 - 17:00	Pilates	Gym 2
16:30 - 17:30	Feldenkrais	Gym 3
17:00 - 18:00	Pilates (Fortgeschrittene)	Gym 2
18:00 - 19:00	Yoga	Gym 1
18:30 - 19:30	WSG	Gym 4
18:30 - 19:30	Fitnessgymnastik (Frauen)	Saal 1
19:00 - 20:00	Zumba	Gym 1
19:30 - 20:30	BBRP	Gym 4
20:00 - 21:00	BOKWA (Punch and Strike)	Gym 1

Mittwoch

08:15 - 09:15	Qi Gong	Gym 3
08:15 - 09:15	Indoor Cycling	Gym 1
08:30 - 09:30	Yoga (Morning Flow)	Gym 4
08:30 - 09:30	Fitness 50+ (Frauen)	Saal 1
09:00 - 10:00	Rückenfit	Gym 2
09:15 - 10:15	WSG	Gym 1
09:30 - 10:30	Gymnastik 50+ (a.d. Hocker)	Saal 1
10:00 - 11:00	Pilates (Fortgeschrittene)	Gym 2
10:15 - 11:15	Pilates	Gym 1
10:30 - 11:30	WSG	Saal 1
11:00 - 12:00	Nordic Walking	Sportforum
11:00 - 12:00	Fit Mix 50+	Gym 2
11:15 - 12:15	Langhantel	Gym 1
16:00 - 17:00	WSG	Gym 2
17:15 - 18:00	BBRP	Gym 2
18:00 - 18:45	Pilates	Gym 2
18:30 - 20:00	Yoga (Kundalini Yoga)	Gym 3
18:30 - 19:30	Fitnessstraining	Gym 4
18:30 - 19:30	Fatburner	Gym 1
19:00 - 20:30	Yoga (Hatha Yoga, Fortgeschrittene)	Gym 2
19:30 - 20:30	Bodystyling	Gym 4
19:30 - 20:30	Indoor Cycling	Gym 1
20:00 - 21:30	Yoga (Kundalini Yoga)	Gym 3
20:30 - 21:30	Fitnessgymnastik	Gym 4

Beitragsstufe 1

Beitragsstufe 2

Beitragsstufe 3

Beitragsstufe 4

Beitragsstufe 5

Angebote einer Beitragsstufe beinhalten alle Angebote der gleichen und die der niedrigeren Stufen. Die Beitragsstufen werden durch die unterschiedlichen Farben dargestellt.



Fitnessangebot im Sportforum

Donnerstag

08:45 - 09:45	Fitness 50+ (Männer)	Gym 1
08:45 - 09:45	Yoganetics	Gym 2
09:00 - 10:00	Gymnastik (Arthrose/Rheuma)	Gym 3
09:30 - 10:00	Walking	Sportforum
09:45 - 10:45	Rückenfit	Gym 2
09:45 - 10:45	Bodystyling	Gym 1
10:00 - 11:00	Pilates	Gym 3
10:15 - 11:15	Fitnessstraining (Frauen)	Saal 1
10:45 - 11:45	Fatburner	Gym 1
10:45 - 11:45	Pilates	Gym 2
11:15 - 12:30	Qi Gong	Saal 1
12:15 - 13:45	Yoga (Faszien- und Yin Yoga)	Gym 2
17:00 - 18:00	Zumba	Gym 2
17:00 - 18:00	Fit Mix	Saal 1
17:30 - 19:00	Fitness 50+ (Männer)	Gym 4
18:00 - 19:00	Yoganetics	Saal 1
18:00 - 19:00	Langhantel	Gym 1
18:00 - 19:00	Qi Gong (Fortgeschrittene)	Gym 2
19:00 - 20:00	BBRP	Gym 4
19:00 - 20:00	Indoor Cycling	Gym 1
20:00 - 21:00	Pilates	Gym 1
20:00 - 22:00	Fitnessstraining (Männer)	Ahr. Weg
20:30 - 21:30	Zumba	Gym 2
20:30 - 22:00	Fitnessgymnastik	Gym 4

Stand: Juni 2018

(Änderungen vorbehalten)

Freitag

08:30 - 09:30	Yoga (Intensive)	Gym 2
08:30 - 09:30	BBRP	Saal 1
08:30 - 09:30	Fitnessgymnastik (Frauen)	Gym 3
09:15 - 10:00	Fatburner	Gym 1
09:30 - 10:30	Pilates	Gym 2
09:30 - 10:30	Gymnastik 50+	Saal 1
10:00 - 10:45	BBRP	Gym 1
10:30 - 11:30	BBRP	Saal 1
10:30 - 11:30	Fit Mix	Gym 2
10:45 - 11:30	Balance Motion	Gym 1
11:30 - 13:00	Yoga (Yoga Flow)	Gym 2
17:00 - 18:00	BBRP	Saal 1
18:00 - 19:00	Pilates	Saal 1
18:00 - 19:00	Zumba	Gym 1
19:00 - 20:00	Indoor Cycling	Gym 1

Samstag

11:00 - 12:00	BOKWA	Gym 1
12:00 - 13:00	WSG	Gym 2
13:00 - 14:00	Bodystyling	Gym 1

Sonntag

10:30 - 11:15	Fit Mix	Gym 1
11:15 - 12:00	Balance Motion	Gym 1
15:00 - 15:45	Bodystyling	Gym 1
15:45 - 16:30	Rückenfit	Gym 1
16:30 - 17:30	Pilates	Gym 1

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Beitragsstufe 1

Beitragsstufe 2

Beitragsstufe 3

Beitragsstufe 4

Beitragsstufe 5

Angebote einer Beitragsstufe beinhalten alle Angebote der gleichen und die der niedrigeren Stufen. Die Beitragsstufen werden durch die unterschiedlichen Farben dargestellt.