

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00 - 10:15   Fitness complete SPH	7:00 - 8:15   Vinyasa Yoga Gym IV	8:30 - 9:45   Yoga Rücken & Gelenke Gym IV	7:30 - 8:00   Sivananda Yoga Gym IV	8:30 - 9:30   Spinning I-II Gym V ★	10:00 - 11:00   Bodyworkout Gym I	10:00 - 11:00   Fitness complete SPH
9:00 - 10:15   Fitness light & Entspannung Gym III	8:45 - 11:15   Krafttraining KR	9:00 - 10:00   Fitness complete SPH	8:00 - 8:30   Sivananda Yoga Gym IV	9:00 - 10:15   Fitness complete UH	10:00 - 11:00   Fitness complete Gym V	10:00 - 11:15   Vinyasa Yoga Gym IV
9:15 - 10:30   Vinyasa Yoga advanced Gym IV	9:30 - 10:30   Balance und Stabilität Gym V	9:00 - 10:00   Rückengymnastik Gym I	8:45 - 11:15   Krafttraining KR	9:30 - 10:30   Pilates Gym II	10:30-12:00   Meditation Gym IV	11:00 - 12:00   BBP SPH
9:30 - 10:30   Bodyworkout Gym I	9:30 - 10:30   Pilates & Stretch Lok III	9:30 - 10:30   NIA Gym II ★	9:00 - 10:00   Seniorfit Gym III	9:30 - 10:30   Pilates Gym I	11:00 - 12:00   BBP Gym V	11:15 - 12:15   Pilates Gym I
10:15 - 11:15   Seniorfit SPH	9:30 - 10:30   BodyArt Gym I ★	9:45 - 10:45   Bodyworkout Gym V	9:15 - 10:30   Vinyasa Yoga Gym IV	10:30 - 11:30   Pilates Gym I	11:00 - 12:00   Rückenworkout Gym I	12:00 - 13:00   Zumba SPH
10:30 - 11:45   Vinyasa Yoga basic Julia D.,	10:00 - 11:00   Fitness complete SPH	10:00 - 11:00   Seniorfit UH	9:30 - 10:30   Fitness light LOK III	10:30 - 11:30   Rückengymnastik Gym II	12:00 - 13:00   Zumba Gym V	12:30 - 14:00   Vinyasa Yoga Gym IV
10:30 - 11:30   Seniorfit Gym III	10:00 - 11:00   Seniorfit für Frauen UH	10:45 - 11:45   Bauch Rücken Stretch Gym V	10:00 - 11:00   Seniorfit Gym III	10:30 - 12:00   Yoga für Rücken & Gelenke   Gym IV	12:00-13:00   Fit Fight Gym I	14:15 - 15:15   Spinning I-II Gym V ★
10:30 - 11:30   Rückengymnastik Gym I	10:30 - 11:30   Rückengymnastik & Relax Lok III	11:30 - 12:30   Sivananda Yoga & Meditation Gym IV	10:00 - 11:15   Seniorfit nur Männer SPH	11:00 - 12:00   Seniorfit Gym III	14:00 - 15:15   Qi Gong Gym IV ★	15:15 - 16:15   Spinning Intro * Kathrin P., Gym V ★
10:30 - 11:30   Pilates & Baby Gym II ★	10:30 - 11:30   Faszienfitness Gym V ★	13:45 - 14:45   Rückengymnastik Gym III	10:30 - 11:30   Balance und Stabilität LOK III	11:30 - 12:30   Rückengymnastik Gym II	16:00 - 17:00   Pilates Gym III	16:30 - 17:30   Pilates I Gym I
11:15 - 12:15   Seniorfit SPH	10:30 - 11:45   Chi Flow Gym I ★	17:00 - 18:00   Rückengymnastik Gym III	10:30 - 11:30   Rückengymnastik Gym I	16:00 - 17:30   Sivananda Yoga Gym IV	16:45 - 17:15   Bauch Pur Gym V	17:00 - 18:00   Fitness complete Gym V
17:00 - 18:00   Pilates Gym III	11:00 - 12:00   Rückengymnastik SPH	17:00 - 18:00   Lyrical Dance Gym I	10:30 - 11:30   Hot Iron I/II/Ironcross Gym V ★	16:45 - 17:30   Rückengymnastik Gym II	17:00 - 18:15   Vinyasa Yoga basic Gym IV	17:30 - 18:00   Bauch Pur Gym I
17:00 - 19:30   Krafttraining KR	11:30 - 12:30   Seniorfit Gym III	17:30-18:00   Flexi Bar intensiv Gym V	11:30-12:30   Rückengymnastik Gym I	17:00 - 18:00   Pilates Gym III	17:15 - 18:15   Hot Iron Gym V ★	18:00 - 19:00   Fitness complete Gym I
18:00 - 19:00   Fitness complete, SPH	12:00 - 13:00   Rückengymnastik SPH	18:00-19:00   Zumba Gym I	11:30 - 12:45   Yin Yoga Gym IV	17:30 - 19:00   Sivananda Yoga Gym IV		18:00 - 19:00   Rückenworkout Gym V
18:00 - 19:00   Seniorfit UH	17:00 - 18:00   Yogalates Gym IV	18:00 - 18:55   Pilates Gym II	17:00 - 18:00   Rückengymnastik Gym III	17:00 - 18:00   Faszienfitness Gym V ★		
18:00 - 19:00   deepWORK Gym II ★	17:00 - 18:00   Rückengymnastik Gym III	18:00 - 19:00   Fitnessgymnastik Gym V	16:00 - 18:00   Krafttraining AnfängerInnen   KR Gym II	17:30 - 18:30   Salsa Dance Gym II ★		
18:00 - 19:00   Crosstraining Gym III ★	17:00 - 18:00   Bodyworkout, Gym V Gym V	18:00 - 19:00   Crosstraining Gym III ★	17:00 - 18:00   Fitness complete Gym II	18:00 - 19:00   Zumba HW-Gym A		
18:00 - 19:15   Vinyasa Yoga advanced Gym IV	18:00 - 19:00   BBP Dagmar S., Gym II	18:00 - 20:00   MB-Haltungsfitt (Morbus Bechterew)   KR	17:45 - 19:00   Vinyasa Yoga basic Gym IV	18:00 - 19:00   Langhantel Workout Gym V ★		
18:30 - 19:45   Qigong HW-Gym A	18:00 - 19:00   Fitness Complete SPH	18:30 - 19:45   Vinyasa Yoga Gym IV	18:00 - 19:00   Fitnessgymnastik SPH	18:30 - 19:30   Pilates Gym III		
18:45 - 20:00   Pilates KILO	18:00 - 19:00   Rückengymnastik Gym I	19:00-20:00   BBP Gym V	18:00 - 19:00   Rückengymnastik Gym III	18:30 - 19:30   NIA Gym II ★		
19:00 - 20:15   Pilates MUSI	18:00 - 19:00   Line Dance Anfänger / Mittelstufe   UH	19:00 - 20:00   RückenAktiv Gym I ★	18:00 - 21:00   Krafttraining KR	19:00 - 20:00   Bauch Beine Rücken Po Gym I		
19:00 - 20:00   Fitness complete SPH	18:00 - 19:00   Pole Dance Gym V ★	19:00 - 20:00   Super Sweat Gym II ★	18:30 - 19:30   Zumba Gym V	19:30 - 20:30   Zumba Gym II		
19:00 - 20:00   BBP Gym III	18:30 - 19:30   Barre Fusion HW-Gym A	19:00 - 20:30   Pilates MUSI	19:00 - 20:00   Fitnessgymnastik SPH	19:00 - 20:00   Spinning II Gym V ★		
19:00 - 20:00   Stretch/Relax UH	19:00 - 21:00   Harmonic Fit Gym III ★	19:30 - 20:30   Pilates HW-Gym A	19:00 - 20:00   Rückengymnastik Gym III	19:30 - 20:45   Vinyasa Yoga Gym III		
19:00 - 20:00   Rückengymnastik Gym I	19:00 - 20:00   BBP Gym II	20:00 - 21:00   Seniorfit Gym III	19:00 - 20:00   Seniorfit Gym I	20:00-21:30   Fitness Boxen UH		
19:00 - 20:15   NIA Gym II ★	19:00 - 20:00   Stretch & Relax Gym IV	20:00 - 21:00   Body Art Gym II ★	19:00 - 20:00   BBP Einsteiger Gym II	20:00-21:00   Fitness Complete Gym I		
19:15 - 20:15   Spinning I-II Gym V ★	19:00 - 20:00   Rückengymnastik Gym I	20:00 - 21:00   Fitness Complete Gym V	19:15 - 20:45   Hatha Yoga - Prävention Gym IV ★			
19:15 - 20:30   Vinyasa Yoga Gym IV	19:00 - 20:00   Line Dance Fortgeschrittene UH	20:00 - 21:15   Vinyasa Yoga basic Gym IV	19:15 - 20:30   Vinyasa Yoga basic KILO			
20:00 - 21:00   Bodyworkout Gym III	19:00 - 20:00   Zumba SPH	20:00 - 22:00   Krafttraining KR	19:30 - 21:00   Spinning XL Gym V ★			
20:15 - 21:15   Pilates Gym II	19:00 - 20:00   Spinning I-II Gym V ★	20:30 - 21:30   Pilates HW-Gym A	20:00-21:00   Hot Iron I/Hot Iron II Gym II ★			
20:00 - 21:00   Fitness complete 50+ UH	19:30 - 21:00   Cheerdance HW-Gym-A	21:00 - 22:00   Tanzspaß Gym III	20:00 - 21:00   Rückenworkout Gym III			
20:00 - 21:15   Yoga Rücken+Gelenke KILO	19:45 - 20:45   Pilates DÖH		20:00 - 21:00   Bauch Beine Po, Gym I			
20:15 - 21:15   Seniorfit Gym I	20:00 - 21:00   Fitness complete SPH		20:00 - 21:30   Yin Yoga MUSI			
20:15 - 21:30   Modern/Jazz Erwachsene Gym V	20:00 - 21:00   Pilates UH		21:00 - 22:15   Vinyasa Yoga, Gym IV			
	20:00 - 21:00   Pilates UH		21:00 - 22:00   Pole Dance, Gym V ★			
	20:00 - 21:00   Hot Iron I/Hot Iron II Gym V ★					
	20:00 - 21:30   Vinyasa Yoga basic Gym I					
	20:15 - 21:30   Vinyasa Yoga advanced Gym IV					
	21:00-22:15   Contemporary Dance Gym II					

**Legende**

- Fitness & Workout & Functional
- Seniorfit
- Haltung & Stabilität
- Tanz & Cardio
- Body & Mind
- Exklusiv Kurs nur mit Studio Mitgliedschaft
- Anmeldung im Studio erforderlich

ETV-Sportzentrum, Bundesstr. 96  
UH = untere Halle  
Gym I = Gymnastikhalle 1  
Gym II = Gymnastikhalle 2  
Gym III = Gymnastikhalle 3  
Gym IV = Gymnastikhalle 4  
Gym V = Gymnastikhalle 5  
SPH = neue Sporthalle  
KR = Krafraum

Sporthalle Hohe Weide,  
Hohe Weide 17  
HW-GymA = Gymnastikraum A  
HW-GymB = Gymnastikraum B

Weitere Sportstätten  
LOK III = Sporthalle Hoheluft,  
Lokstedter Steindamm 52  
IM = Imstedt 18-20  
MUSI = Musikkindergarten,  
Lagerstraße 34a  
KILO = Kinderhaus Lokstedt,  
Emil-Andersen-Straße 32  
DÖH = Grundschule  
Döhnstraße, Döhnstraße 42

Um die wöchentlichen Kursänderungen vorab per Mail zu erhalten,  
registriere dich unter: <http://etv-studio.de/#newsletter>

