

DIE FITNESS STADT LINDEN

DIE FITNESS STADT RICKLINGEN

| Mo | Di | Mi | Do | Fr | Sa | So |
|---------------------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|---------------------------------|---------------------------------|
| VORMITTAGSKURSE >> | | | | | | |
| 9:00 - 10:00 Rücken | 9:00 - 10:00 Bodystyling | 9:00 - 10:00 Step Fatburner | 9:00 - 10:00 Bodystyling | 9:00 - 10:00 Step Fatburner | 11:00 - 12:00 Zumba | 11:00 CrossGym 30 Minuten |
| 10:00 - 11:00 TABATA | 10:00 - 11:00 FKT/ Gymnastik | 10:00 - 11:00 Deep Work | 10:00 - 11:00 FKT/ Gymnastik | 10:00 - 11:00 HOT IRON | 12:00 - 13:00 Step Fatburner | 12:00 - 13:00 Step Fatburner |
| | | 11:00 - 12:00 Yoga - Alle Level | | 11:00 - 12:00 Yoga Meditation | 13:00 - 14:00 Bodystyling | 13:00 - 14:00 Bodystyling |

| NACHMITTAGS- UND ABENDKURSE >> | | | | | | |
|---|---|---------------------------------|---|---------------------------------------|--|------------------------------|
| 17:30 Bauch 30 Minuten | 18:00 - 19:00 FKT/ Gymnastik | 17:30 Bauch 30 Minuten | 17:00 - 18:00 FKT/ Gymnastik | 17:30 Bauch 30 Minuten | 14:00 - 15:00 Indoor Cycling - Cyclemania - | 14:00 Bauch 30 Minuten |
| 17:00 - 18:00 Rücken | 18:00 CrossGym 30 Minuten | 18:00 - 19:00 Zumba | 18:00 - 19:00 Piloxing | 18:00 - 19:00 Yoga - Level 2 | DIE NEUE FITNESS STADT DER ZUKUNFT AUF ÜBER 6000m²! | |
| 18:00 - 19:00 Yoga - Level 1 | 18:00 - 19:00 Zumba | 18:00 - 19:00 Indoor Cycling | 18:00 - 19:00 Indoor Cycling Freeride/Intervall | 18:00 - 19:00 Bodystyling | | |
| 18:30 - 19:30 HOT IRON | 19:00 - 20:00 Pilates | 19:00 CrossGym 30 Minuten | 18:30 - 19:30 Yoga | 18:00 Indoor Cycling 45 Minuten | | |
| 19:00 - 20:00 Indoor Cycling | 19:00 - 20:00 HOT IRON | 19:30 - 20:30 Langhantel | 19:15 - 20:15 Tae Bo Intro | 19:00 - 20:00 FKT/ Gymnastik | | |
| 19:30 - 20:30 Tae Bo Workout | 19:00 - 20:00 Indoor Cycling Cyclemania | | | | | |

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| VORMITTAGSKURSE >> | | | | | | |
| 9:00 - 10:00 Rücken/FKT | 9:00 - 10:00 Zumba Alle Level | 9:00 - 10:00 Rücken/FKT | 9:00 - 10:00 Bodystyling | 9:00 - 10:00 Rücken / FKT | 11:00 - 12:00 Indoor Cycling | 10:30 - 11:30 Bodystyling |
| 10:00 - 11:00 Pilates | 10:00 - 11:00 Bodystyling | 10:00 - 11:00 Fighting Fit | 10:00 Bauch 30 Minuten | 10:00 - 11:15 Yoga Alle Level | 12:00 - 13:00 Bodystyling | 11:30 - 12:30 Hot Iron |
| DIE NEUE FITNESS STADT DER ZUKUNFT AUF ÜBER 4000m²! | | | 10:00 - 11:00 Indoor Cycling | | 13:00 - 14:00 Dance FIT | |

| NACHMITTAGS- UND ABENDKURSE >> | | | | | | |
|---|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------------|---------------------------------|------------------------------|
| 17:00 - 18:00 Bodystyling | 17:00 - 18:00 Fat Burner | 17:00 - 18:00 Rücken/FKT | 17:00 - 18:00 Rücken/FKT | 17:00 - 18:00 Hot Iron | 14:00 CrossGym 30 Minuten | 14:00 Bauch 30 Minuten |
| 18:00 - 19:00 Zumba | 18:00 - 19:00 Yoga Alle Level | 18:00 - 19:00 Hot Iron | 18:00 - 19:00 Pilates | 18:00 - 19:00 Rücken/FKT | 16:00 Bauch 30 Minuten | |
| 19:00 - 20:00 Indoor Cycling | 19:00 - 20:00 Rücken/FKT | 18:00 - 19:00 Indoor Cycling | 19:00 - 20:00 Zumba | 18:00 - 19:00 Indoor Cycling | | |
| 19:00 - 20:00 Deep Work | 19:00 - 20:00 Indoor Cycling | 18:30 Bauch/Rücken 30 Minuten | 20:00 - 21:15 Yoga Alle Level | | | |
| | 20:00 Bauch 30 Minuten | 19:00 - 20:00 Tae Bo | | | | |
| | | 19:30 CrossGym 30 Minuten | | | | |

ÄNDERUNGEN VORBEHALTEN! - ALLE KURSE FINDEN AB 4 TEILNEHMERN STATT.

Sommer-öffnungszeiten

Mo - Fr.
08.00 bis 22.00 Uhr

Sa. + So.
10.00 bis 18.00 Uhr

100% Premium Fitness

die Fitness Stadt

Reebok
FITNESS CLUB

Davenstedter Str.80
direkt über real,-
30453 Hannover

0511 - 35 769 769
info@fitness-stadt.de

Unsere Kursräume

KursCenter

CycleCenter

CrossGym

Yoga Studio

100% Premium Fitness

die Fitness Stadt

Reebok
FITNESS CLUB

Göttinger Chaussee 83
direkt über Edeka

30459 Hannover

0511 - 473 23 473
hannover@fitness-stadt.de

Sommer-öffnungszeiten

Mo + Mi + Fr.
07.00 bis 22.00 Uhr

Di + Do
08.00 bis 22.00 Uhr

Sa. + So.
10.00 bis 18.00 Uhr