



COURSE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		15.15-16.15 Children's ballet (4-6 years) Kaifu Lodge		16.30-17.30 Pilates Sportspass City Nord	12.00-13.30 Ballett-Workout Kaifu-Lodge	Workshops
18.10-19.10 Yoga Fitness First HH-1		16.15-17.15 Children's ballet (5-8 years) Kaifu Lodge		17.30-18.30 BollyDance Sportspass City Nord	14 00 - 15 00 Ballett-Workout Holmes Place	
19:45-20:45 Yoga Gym MeridianSpa City	18.15-19 30 Universal Yoga On Stage Krohnskamp	17.45-18.45 Pilates MeridianSpa Eppendorf	18.45-19.45 BollyDance Fitness ATV 19.45-20.30 Pilates ATV Altona	19.00-20.00 BollyDance All Levels On Stage	15 00-16 00 Yoga Holmes Place	
20.45-21.45 BollyDance MeridianSpa City	20.00-21.00 Pilates On Stage Wandsbek	20.45-21.45 BollyDance All Levels Tarantella Studio	21.00-22.00 Yoga Fitness Frst HH-4	21.00-23 00 BollyDance Company Training (open class) Kaifu Lodge		
				or On Stage 20 00 - 22 30		

Adresses

MeridianSpa City
Schaarsteinweg 6
20459 Hamburg-City
www.meridianspa.de

Kaifu Lodge
Bundesstraße 107
20144 Hamburg
www.kaifu-lodge.de

On Stage Winterhude
Krohnskamp 33
22301 Hamburg
www.onstage.de

MeridianSpa Eppendorf
Quickbornstraße 26
20253 Hamburg
www.meridianspa.de

Studio Amar
Virchowstraße 12
22767 Hamburg
www.amar-bauchtanz.de

Holmes Place Bahrenfeld
Gasstraße 2, 22761 Hamburg
www.holmesplace.de

ATV Altona
Kirchenstraße 1
22767 Hamburg
www.atvsports.de

Sportspass City Nord
Überseering 19-31
22297 Hamburg
www.sportspass.de

Fitness First
Kollauerstrasse 33
Hamburg Niendorf
www.fitnessfirst.de

