

Montag				Dienstag				Mittwoch			
Studio 1	Studio 2	Studio 3	Studio 4	Studio 1	Studio 2	Studio 3	Studio 4	Studio 1	Studio 2	Studio 3	Studio 4
17:00-18:00 CANTIENICA A Jenny		BELEGT		K 17:00-18:00 J CAPOEIRA KIDS A Nego 5-12 J.			BELEGT	J 16:45 - 17:45 HIPHOP TEENS Kevin 12 - 16 J.			17:30-18:30 WIRBELSÄULE A Tabea
18:10-19:10 ZUMBA A Jenny	18:00-19:15 STRETCH INTENSIV A Marie	18:00-19:15 REGGAETON 1 Katherine	18:00-19:30 POLE DANCE 2 Lea	18:00-19:15 STREETDANCE 1 Marius	18:00-19:00 PILATES A Felix		18:00-19:15 CAPOEIRA A Touro	18:00-19:15 AFRO FUSION A Luana	18:30-20:00 KONTORSION 2 Nicole	18:00-19:15 LADY HIPHOP 2 Sahar	18:30-19:30 CROSSHAUS ZIRKEL A Tabea
19:15-20:30 HOUSE A Mendibi	19:30-21:00 KONTORSION 1 Marie	19:15-20:15 TWERKOUT A Leni	19:45-20:45 CROSSHAUS ZIRKEL A Christin	19:30-20:45 DANCEHALL A Nay	19:00-20:15 YOGA A Julia	19:30-20:45 HAU DEN SACK A Tabea	19:30-21:00 AKROBARIK A Benedikt	19:15-20:30 REGGAETON 2 Sahar	20:15-21:30 STRETCH INTENSIV A Sherry	19:15-20:30 KALI SIKARAN A Frank	19:45-21:15 POLE DANCE 2 Mary
20:45 - 22:00 HIP HOP A Mendibi					20:20 - 21:45 SELBST VERTEIDIGUNG A Salim/Sascha			20:45-22:00 HOUSE A Mendibi		20:30-22:00 BELEGT	

- 0** Absolute Beginner (Pole) **A** All Levels
1 Ab 0 Monate Erfahrung **K** Kinderkurse
2 Ab 6 Monate Erfahrung **J** Jugendkurse
3 Ab 1,5 Jahre Erfahrung **Z** ZOOM

Kraftbereich 16:30-22:00

Kraftbereich 16:30-21:00

Kraftbereich 16:30-22:00

Donnerstag				Freitag				Samstag			
Studio 1	Studio 2	Studio 3	Studio 4	Studio 1	Studio 2	Studio 3	Studio 4	Studio 1	Studio 2	Studio 3	Studio 4
10:30-11:30 WIRBELSÄULE A Bettina											
		K 16:00-17:00 NEU AKRO KIDS Soschia (4-9 J.)		BELEGT				12:00-13:15 YOGA 2 Felix	12:00-13:30 BELEGT		12:00-13:15 AKROBARIK A Nils
BELEGT	17:00-18:00 PILATES A Dilery	J 17:00 - 18:00 NEU AKRO KIDS&TEENS 1 2 Sabina (ab 8 J.)	17:15 - 18:45 POLE DANCE 1 Lea	17:10-18:10 ZUMBA A Michel	17:00-18:15 TAEKWONDO A Christian	K 17:00-18:00 CAPOEIRA KIDS Nego 5-12 J.		13:30-14:30 WIRBELSÄULE A Felix	14:00 - 16:00 BELEGT	13:15-14:45 BALLETT 1 2 Amanda	
18:00-19:15 CONTEMP. BASIC 1 Paula	18:15-19:30 TRIBAL FUSION 1 2 Alice	18:15-19:30 DANCEHALL A Helen	18:45-20:15 POLE DANCE 3 Lea	18:15-19:30 KALI SIKARAN A Frank	18:30-20:00 KONTORSION 2 Rosa	18:15-19:30 CAPOEIRA A Touro	17:30 - 19:00 POLE DANCE 1 Mary	14:45 - 16:00 JAZZ 1 2 Juliane		15:00 - 16:15 STRETCHING A Amanda	
19:15-20:45 CONTEMPORARY 2 3 Paula	19:45-21:00 TRIBAL FUSION 3 Alice	19:30-20:45 JAZZ FUSION A Isabel	20:15-21:45 NEU POLE CHOREO A Evelyn	19:45-21:00 HIP HOP A Mendibi	20:00 - 21:15 STRETCH INTENSIV A Rosa	19:45 - 21:00 REGGAETON A Sahar					

Kraftbereich 16:30-21:30

Kraftbereich 16:30-21:30

Kraftbereich 12:00-16:00

STUNDENPLAN
GÜLTIG AB 22.08.22