

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
								<b>K</b> Kinderkurse <b>J</b> Jugendkurse <b>A</b> Alle Level		<b>1</b> Ohne Vorerfahrung <b>2</b> Min. 6 Monate Vorerfahrung <b>3</b> Min. 1,5 Jahre Vorerfahrung	
ZOOM-Kurse sind im Online-Kursplan zu finden: <a href="http://www.x-step.de/kursplan">x-step.de/kursplan</a>											
17:00 - 18:00 <b>CANTIENICA</b> <b>A</b> Jenny				<b>K</b> 17:00 - 18:00 <b>CAPOEIRA KIDS</b> <b>A</b> Nego   5-12 J.				<b>J</b> 16:45 - 17:45 <b>HIP HOP TEENS</b> <b>A</b> Kevin   12-16 J.			17:30 - 18:30 <b>WIRBELSÄULE</b> <b>A</b> Karin
18:10 - 19:10 <b>ZUMBA</b> <b>A</b> Jenny	18:00 - 19:15 <b>STRETCH INTENSIV</b> <b>A</b> Luise	18:00 - 19:15 <b>REGGAETON</b> <b>1</b> Katherine	18:00 - 19:30 <b>POLE DANCE</b> <b>2</b> Lea	18:00 - 19:00 <b>PILATES</b> <b>A</b> Felix		18:00 - 19:15 <b>BALLETT</b> <b>1</b> Jarred	18:00 - 19:15 <b>CAPOEIRA</b> <b>A</b> Touro	18:00 - 19:00 <b>ZUMBA</b> <b>A</b> Michel	18:15 - 19:30 <b>STRETCH INTENSIV</b> <b>A</b> Amanda	18:00 - 19:15 <b>HIP HOP</b> <b>A</b> Sahar	
19:15 - 20:30 <b>HOUSE</b> <b>A</b> Mendibi	19:30 - 21:00 <b>KONTORSION</b> <b>1</b> Luise	19:15 - 20:15 <b>TWERXOUT</b> <b>A</b> Leni	19:30 - 21:00 <b>POLE DANCE</b> <b>1</b> Evelyn	19:30 - 20:45 <b>DANCEHALL</b> <b>A</b> Iree	19:15 - 20:30 <b>YOGA</b> <b>A</b> Julia	19:30 - 20:45 <b>HAU DEN SACK</b> <b>A</b> Tabea	19:30 - 21:00 <b>AKROBATIK</b> <b>A</b> Benedikt	19:15 - 20:30 <b>REGGAETON</b> <b>2</b> Sahar	19:45 - 21:15 <b>KONTORSION</b> <b>1</b> Amanda	19:15 - 20:30 <b>KALI / ESKRIMA</b> <b>A</b> Frank	19:45 - 21:15 <b>POLE DANCE</b> <b>2</b> Mary
20:45 - 22:00 <b>HIP HOP</b> <b>A</b> Mendibi								20:45 - 22:00 <b>HOUSE</b> <b>A</b> Mendibi		20:30 - 22:00 <b>BELEGT</b>	
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 <b>WIRBELSÄULE</b> <b>A</b> Bettina										10:15 - 11:30 <b>HAU DEN SACK</b> <b>A</b> Tabea	
								12:00 - 13:15 <b>YOGA</b> <b>2</b> Felix		12:00 - 13:15 <b>BALLETT</b> <b>2</b> Jarred	12:00 - 13:15 <b>AKROBATIK</b> <b>A</b> Nils
17:00 - 18:00 <b>PILATES</b> <b>A</b> Jenny		<b>K</b> 16:45 - 17:45 <b>AKRO KIDS</b> <b>A</b> Sabina   4-9 J.		17:00 - 18:00 <b>ZUMBA</b> <b>A</b> Michel	17:00 - 18:15 <b>TAEKWONDO</b> <b>A</b> Christian	<b>K</b> 17:00 - 18:00 <b>CAPOEIRA KIDS</b> <b>A</b> Nego   5-12 J.		13:30 - 14:30 <b>WIRBELSÄULE</b> <b>A</b> Felix		13:30 - 14:45 <b>STRETCHING</b> <b>A</b> Juliane	
18:10 - 19:25 <b>DANCEHALL</b> <b>A</b> Helen	18:00 - 19:15 <b>TRIBAL FUSION</b> <b>A</b> Alice		17:30 - 19:00 <b>POLE DANCE</b> <b>1</b> Lea	18:15 - 19:30 <b>KALI / ESKRIMA</b> <b>A</b> Frank	18:30 - 20:00 <b>KONTORSION</b> <b>1</b> Shosha	18:15 - 19:30 <b>CAPOEIRA</b> <b>A</b> Touro	18:00 - 19:30 <b>POLE DANCE</b> <b>1</b> Mary	15:00 - 16:15 <b>JAZZ</b> <b>1 2</b> Juliane			
19:30 - 21:00 <b>CONTEMPORARY</b> <b>A</b> Paula		19:30 - 20:45 <b>JAZZ FUSION</b> <b>A</b> Isabel	19:00 - 20:30 <b>POLE DANCE</b> <b>3</b> Lea	19:45 - 21:00 <b>HIP HOP</b> <b>A</b> Mendibi	20:00 - 21:15 <b>STRETCH INTENSIV</b> <b>A</b> Shosha						
											Stundenplan gültig ab 14.03.2023
Kraftbereich 16:30 - 21:00				Kraftbereich 16:30 - 21:00				Kraftbereich 12:00 - 16:00			