

# Kursplan

## Morning/Lunch-Programm (07:00-13:00 Uhr)

## Wochenende im Studio One

| Montag  |                          | Dienstag  |        | Mittwoch                                       |  | Donnerstag  |   | Freitag                             |   | Samstag                                    |  | Sonntag  |   |
|---|--------------------------|---|--------|--|--|---|---|-------------------------------------|---|--|--|--|---|
| Saal 1  | Saal 2                   | Saal 1  | Saal 2 | Saal 1   | Saal 2   | Saal 1  | Saal 2                                    | Saal 1                              | Saal 2                                      | Saal 1                                     | Saal 2   | Saal 1   | Saal 2  |
| 07:00-07:45<br>BARRE meets PILATES<br>Lara <b>NEU</b> |                          | 09:00-10:00<br>PILATES<br>Jade                      |        | 09:30-10:45<br>BALLETT<br>BASICS<br>André      | 09:00-10:00<br>BAUCH &<br>BOOTY<br>Anissa      | 09:00-10:00<br>SCHWANGEREN-<br>YOGA<br>Therese <b>NEU</b> | 09:00-10:00<br>FUNCTIONAL<br>FIT<br>Chris | 09:00-10:00<br>YOGA<br>FLOW<br>Alex | 07:30-08:15<br>PILATES<br>Jasmin (ab 31.5.) | 09:25-09:55<br>STRETCH                     | 09:25-10:25<br>BARRE<br>FITNESS<br>abwechselnd | 09:45-10:45<br>BARRE FITNESS<br>& STRETCH<br>Lara    | 09:30-10:45<br>HATHA<br>VINYASA<br>YOGA MEDIUM<br>Mimi R. |
| 09:00-09:45<br>PILATES<br>Lara                        | 10:15-11:30              | 10:15-11:15<br>BARRE<br>FITNESS<br>Amelie           |        | 10:10-10:55<br>MOBILITY<br>& STRETCH<br>Anissa | 10:10-10:55<br>MOBILITY<br>& STRETCH<br>Anissa | 10:15-11:15<br>Mami Baby<br>BARRE FITNESS<br>Anissa       | 10:15-11:15<br>YOGA<br>FLOW<br>Daniela M. | 10:15-11:30                         | 09:35-10:35<br>BARRE<br>FITNESS<br>Jasmin   | 10:00-11:15<br>YOGA FLOW<br>SANFT          | 10:30-11:30<br>TONE &<br>STRETCH<br>Gaetano    | 11:00-12:00<br>PILOXING<br>Anissa                    | 11:00-12:00<br>PILATES<br>Lara                            |
| 10:00-11:00<br>YOGA<br>FLOW<br>Steven <b>NEU</b>      | BALLETT II<br>Daniela G. | 11:30-12:30<br>Mami Baby<br>BARRE FITNESS<br>Amelie |        | 10:50-11:50<br>RÜCK-<br>BILDUNG<br>Jasmin      | 11:00-12:15<br>BALLETT<br>I-II<br>Ilia         | 11:20-12:35   |   | BALLETT II<br>Gaetano               | 10:45-11:45<br>RÜCK-<br>BILDUNG<br>Jasmin   | 11:35-12:50<br>BALLETT<br>II<br>Alexander  | 11:35-12:50<br>BALLETT<br>BASICS<br>Gaetano    | 12:10-12:55<br>MOBILITY&STRETCH<br>Anissa <b>NEU</b> | 12:10-13:10<br>PILATES<br>Lisa                            |
|   |                          |   |        | 12:00-13:00<br>LUNCH<br>YOGA<br>Julia          |  | BALLETT I-II<br>Yevgenij                                  |   |                                     |   | 12:50-14:05<br>CONTEMP.<br>JAZZ II<br>Maxi | 13:15-14:25<br>JAZZ<br>I-II<br>Ben             | 13:05-14:20<br>BALLETT<br>BASICS<br>Nina             | ab 13:30<br>AERIAL<br>YOGA<br>RESTORATIVE<br>AERIAL       |

## Kids/Teens + Abend-Programm (15:00-22:00 Uhr)

|  |   |  |   |  |   |   |   |   |   |   |   |   |   |
|--|---|--|---|--|---|---|---|---|---|---|---|---|---|
| 15:40-16:25<br>BALLETT 3-5J.<br>Nina B.        | 15:30-16:15<br>HIPHOP 3-5J.<br>Paulinn    | 16:00-16:45<br>HIPHOP 9-12J.<br>Caro (Domi)            | 15:30-16:15<br>BALLETT 3-6J.<br>Paulinn       | 15:30-16:15<br>HIPHOP 6-8<br>Domi              |   | 15:40-16:25<br>COMM.JAZZ 9-12J.<br>Domi           | 15:30-16:15<br>BALLETT 5-7J.<br>Viola               | 15:20-16:05<br>BALLETT 7-9J.<br>Viola     | 15:00-16:00<br>BREAKDANCE<br>ab 11J.<br>Vladi   | Ab 14:30<br>AERIAL<br>YOGA<br>RESTORATIVE<br>AERIAL   | 14:30-15:30<br>BODY<br>PUMP<br>Chris        | 14:30-15:45<br>BALLETT<br>I-II<br>Nina        | 15:45-17:00<br>LYRICAL<br>JAZZ II<br>Giovanni |
| 16:30-17:15<br>BALLETT 5-7J.<br>Nina B.        | 16:15-17:00<br>HIPHOP 4-6J.<br>Paulinn    | 16:50-17:50<br>FEMALE HIPHOP<br>ab 13J.<br>Caro (Domi) | 16:20-17:05<br>HIPHOP 3-6J.<br>Paulinn        | 16:20-17:05<br>HIPHOP 8-11<br>Domi             | 16:20-17:05<br>BALLETT 4-6J.<br>Lara                | 16:30-17:30<br>COMMERCIAL<br>JAZZ ab 13J.<br>Domi | 16:25-17:25<br>BARRE FITNESS<br>& STRETCH<br>Jade   | 16:15-17:00<br>BALLETT 4-6J.<br>Viola     | 16:00-16:45<br>BREAKDANCE<br>ca.7-10J.<br>Vladi | 16:50-17:50<br>HIP HOP<br>ALL LEVELS<br>Aaron         | 16:35- 17:50<br>MODERN<br>I<br>Mathias      | 16:00-17:00<br>TONE &<br>STRETCH<br>Nina      | 17:10-18:25<br>JAZZ<br>BASICS<br>Caro A.      |
| 17:30-18:15<br>HIT<br>Anissa <b>NEU</b>        | 17:05-18:05<br>DANCEHALL<br>Aaron         | 18:00-19:10<br>JAZZ<br>II<br>Mathias                   | 17:10-18:10<br>BARRE<br>FITNESS<br>Jasmin     | 17:10-18:20<br>CONTEMP.<br>JAZZ I-II<br>Maxi   | 17:15-18:15<br>BODY<br>BOOM<br>Lara                 | 17:35-18:35<br>PILATES<br>BASIC<br>Jade           | 17:35-18:35<br>DANCE JAM<br>Viola                   | 17:15-18:30<br>BALLETT<br>I-II<br>Ben     | 16:50-17:50<br>HIP HOP<br>ALL LEVELS<br>Aaron   | 18:00-19:10<br>MODERN<br>II<br>Maxi                   | 18:15-19:30<br>LYRICAL<br>JAZZ I<br>Mathias | 17:15-18:15<br>YOGA<br>BASICS<br>Vanessa      | 17:10-18:25<br>JAZZ<br>BASICS<br>Caro A.      |
| 18:25-19:25<br>INSIDE FLOW<br>YOGA<br>Julia M. | 18:10-19:25<br>BALLETT<br>I-II<br>Laura   | 18:15-19:15<br>POWER<br>MOVES<br>Lexi                  | 18:15-19:15<br>POWER<br>MOVES<br>Lexi         | 18:25-19:35<br>YOGA FLOW<br>BASIC<br>Kathi     | 18:25-19:25<br>BALLETT<br>I-II<br>Thierry           | 18:45-19:35<br>PILOXING<br>Anissa                 | 18:40-19:40<br>FEMALE<br>STREET JAZZ<br>Prince      | 18:35-19:35<br>BARRE<br>FITNESS<br>Chris  | 18:00-19:10<br>MODERN<br>II<br>Maxi             | 19:15-20:30<br>YOGA<br>MEDIUM<br>Daniela M.           |   | 18:30-19:45<br>HIP HOP<br>ALL LEVELS<br>Aaron |   |
| 19:30-20:40<br>BURLESQUE<br>JAZZ<br>Ninosch    | 19:30-20:45<br>MODERN<br>II<br>Pedro      | 19:15-20:25<br>MODERN<br>I-II<br>Dani M.               | 19:20-20:35<br>MODERN<br>II-III<br>Mathias    | 19:40-20:40<br>HIP HOP<br>ALL LEVELS<br>Maja   | 19:30-20:45<br>BALLETT<br>II-III<br>Natalia         | 19:45-20:45<br>DANCEHALL<br>FUSION<br>Lexi        | 19:45-20:55<br>LYRICAL JAZZ<br>FUSION II<br>Ninosch | 19:40-20:40<br>BALLETT<br>BASICS<br>Chris | 19:15-20:30<br>YOGA<br>MEDIUM<br>Daniela M.     |   |   |   |   |
| 20:45-22:00<br>JAZZ<br>BASICS<br>Domi          | 20:50-21:50<br>BARRE<br>FITNESS<br>Anissa | 20:30-22:00<br>BALLETT<br>BASICS<br>Viktoria           | 20:45-22:00<br>YOGA FLOW<br>BASICS<br>Carolin | 20:45-22:00<br>LYRICAL<br>JAZZ I-II<br>Mathias | 20:50-21:50<br>BURLESQUE<br>JAZZ<br>Lexi <b>NEU</b> | 21:00-22:15<br>MODERN<br>BASICS<br>Ninosch        | 21:00-22:00<br>AFRO-<br>FUSION<br>Afrogyal          | 20:45-22:00<br>JAZZ<br>BASICS<br>Giovanni | 20:35-21:35<br>GOOD NIGHT<br>YOGA<br>Daniela M. | YOGA<br>TANZ<br>MAMI BABY<br>KIDS & TEENS<br>WORK OUT |   |   |   |

Alle Neuigkeiten und tagesaktuelle  
Stundenplanänderung:  
[www.studio-1.eu](http://www.studio-1.eu)