

KURSPLAN

Morning/Lunch-Programm (7:30-13:30 Uhr)

Wochenende im Studio One

| Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag | | | Sonntag | | | |
|---|--|---|--|---|---|--|--|---|--|---|------------|--|--|--|--|---|---|---|--|--|--|
| Saal 1 | Saal 2 | Onlineraum | Saal 1 | Saal 2 | Onlineraum | Saal 1 | Saal 2 | Onlineraum | Saal 1 | Saal 2 | Onlineraum | Saal 1 | Saal 2 | Onlineraum | Saal 1 | Saal 2 | Saal 3 | Saal 1 | Saal 2 | Saal 3 | |
| 08:15-09:00 FUNCTIONAL & STRETCH Lara | | | 09:00-10:00 PILATES Jade | | | 07:30-08:15 EARLY BIRD YOGA | | | 09:00-10:00 SCHWANGEREN-YOGA Katharina | 09:00-10:00 BALLET BARRE FITNESS Melissa | | 09:00-10:00 GOOD MORNING YOGA FLOW Alex | | | 09:25-09:55 STRETCH Daniela M. | 09:25-10:25 BARRE FITNESS abwechselnd | | | | | |
| 09:05-09:50 PILATES Lara | 09:30-10:30 YOGA Fokus RÜCKEN Marion | | 10:15-11:15 GOOD MORNING YOGA FLOW Julia M. | 09:15-10:15 RÜCK-BILDUNG Clara | | 09:15-10:15 YOGA DANCE Jack | 08:25-08:55 CORE WORK OUT Jana | NEU | 10:15-11:15 GOOD MORNING YOGA FLOW Daniela M. | 10:15-11:15 PAUSE | | 10:30-11:30 RÜCK-BILDUNG Jasmin | 10:15-11:30 ZEITGENÖSS. BALLET II Gaetano | | 10:00-11:15 YOGA FLOW SANFT Daniela M. | 10:30-11:30 PAUSE | | 10:00-11:00 BARRE FITNESS & STRETCH Lara | 09:30-10:30 JIVAMUKTI Jasmin J. | | |
| 10:15-11:30 ZEITGENÖSS. BALLET II Daniela G. | PAUSE | | 11:45-13:00 MODERN II Daniela G. | 10:30-11:30 BALLET BARRE FITNESS Caro | | 11:15-12:15 RÜCK-BILDUNG Jasmin | 09:00-09:45 BOOTY BURN Jana | NEU | 11:45-13:00 MODERN II Gaetano | 10:15-11:15 FUNCTIONAL YOGA MamiBaby Melissa | | 11:45-13:00 MODERN II Gaetano | 12:00-12:45 LUNCH BARRE FITNESS Jasmin | | 11:30-12:45 BALLET II Alexander | 10:30-11:30 POWER STRETCH Gaetano | | 11:15-12:15 PAUSE | 10:00-11:00 YOGA MEDIUM Jasmin J. | | |
| 15:30-16:15 HIPHOP 3-5J. Paulinn | 15:40-16:25 BALLET 3-5J. Lara | | 16:00-16:45 HIPHOP 9-12J. Domi | 15:30-16:15 BALLET 4-6J. Caro | | 15:30-16:15 HIPHOP 5-7 Domi | 12:00-13:00 LUNCH YOGA Julia | | 15:40-16:25 JAZZ FUNK 9-12J. Domi | | | 15:10-15:55 BALLET 7-9J. Zahra | | 11:30-12:45 BALLET II Alexander | 11:35-12:35 BALLET BASICS Gaetano | | | 12:50-14:05 CONTEMP. JAZZ II Maxi | 13:15-14:25 JAZZ I Benjamin | | |
| 16:20-17:05 HIPHOP 4-6J. Paulinn | PAUSE | 16:30-17:00 BAUCH & BOOTY Alexia | 16:20-17:05 HIPHOP 4-6J. Caro | 16:20-17:05 BALLET 3-5J. Lara | | 16:20-17:05 HIPHOP 7-10 Domi | | | 16:30-17:30 JAZZ FUNK ab 13J. Domi | 16:20-17:35 BALLET I Jade | | 15:40-16:40 BREAKDANCE ca. 7-15J. Vladi | 16:00-16:45 BALLET 4-6J. Zahra | | 16:20-17:05 PAUSE | 16:50-17:50 BALLET Teens 10-14J. Zahra | | 14:30-15:45 BALLET BASICS Nina B. | | | |
| 17:10-18:10 DANCEHALL Alexia | 17:20-18:20 BODY BOOM Jana | | 17:10-18:10 FEMALE HIPHOP ab 13J. Domi | 17:10-18:10 BALLET BARRE FITNESS Jasmin A.M. | | 17:10-18:20 CONTEMP. JAZZ I-II Maxi | 17:15-18:15 BODY BOOM Lara | | 17:35-18:35 DANCE JAM Thomas | 17:45-18:45 PAUSE | | 16:50-17:50 HIP HOP ALL LEVELS Aaron | 17:55-19:10 PAUSE | | Ab 16:00 AERIAL YOGA/ RESTORATIVE AERIAL Termine online | 16:35-17:50 MODERN I Mathias | | 15:45-17:00 BASIC TECHNICAL JAZZ Caro | 16:00-17:00 PAUSE | 14:30-15:45 BALLET BASICS Nina B. | |
| 18:15-19:30 BALLET I-II Laura | 18:25-19:25 INSIDE FLOW YOGA Julia M. | | 18:00-19:10 JAZZ II Mathias (Volker) | 18:15-19:15 POWER MOVES Maja | | 18:25-19:35 YOGA FLOW BASIC Katharina | 18:20-19:20 BALLET I-II Thierry | | 18:40-19:40 FEMALE STREET JAZZ Prince | 18:50-19:35 BOOTY BURN Jacky | | 18:00-19:10 MODERN II Maxi | 17:55-19:10 BALLET I-II Ben | | 18:15-19:30 LYRICAL JAZZ I Mathias | 17:15-18:15 PILOXING Anissa | 17:15-18:15 PHYSIO FLOW YOGA Eva | | 17:15-18:15 PHYSIO FLOW YOGA Eva | | |
| 19:35-20:45 BURLESQUE JAZZ Ninosch | 19:30-20:45 MODERN II Pedro | | 19:15-20:25 MODERN I-II Dani M. (Volker) | 19:20-20:35 MODERN II-III Mathias | 18:15-19:15 SALSATION Federica | 19:40-20:40 HIP HOP ALL LEVELS Maja | 19:25-20:40 BALLET II-III Natalia | 19:45-20:45 SCHWANGEREN-YOGA Katharina | 19:45-20:45 DANCEHALL Alexia | 19:40-20:55 LYRICAL JAZZ FUSION II Ninosch | | 19:15-20:25 JAZZ FUSION I-II Ben | 19:15-20:25 YOGA FLOW MEDIUM Daniela M. | | 19:00-20:00 SUNDAY YOGA Mimi | 18:30-19:30 PAUSE | 18:30-19:30 HIP HOP ALL LEVELS Aaron | | 19:00-20:00 SUNDAY YOGA Mimi | | |
| 20:50-22:00 JAZZ BASICS Ornella | 20:50-21:50 BARRE FITNESS Anissa | | 20:30-21:45 BALLET BASICS Viktoria | 20:45-22:00 JIVAMUKTI YOGA BASIC Jasmin | | 20:45-22:00 LYRICAL JAZZ I Mathias | 20:45-22:00 JAZZ I Kathi | | 21:00-22:15 MODERN BASICS Ninosch | | | 20:30-21:30 GOOD NIGHT YOGA FLOW Daniela M. | | | 20:30-21:30 GOOD NIGHT YOGA FLOW Daniela M. | | | | | | |

Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:
www.studio-1.eu
 Kursplan Stand: 08.04.22