

# KURSPLAN

## Morning/Lunch-Programm (09:00-13:00 Uhr)

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	Onlineraum	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3																		
09:00-09:45 <b>PILATES</b> Lara	09:30-10:30 <b>YOGA</b> Fokus Rücken Marion		09:00-10:00 <b>PILATES</b> Jade	09:00-10:00 SCHWANGEREN- <b>YOGA</b> Katharina			09:00-10:00 <b>BAUCH&amp; BOOTY</b> Anissa			09:00-10:00 <b>BALLET BARRE FITNESS</b> Melissa		09:00-10:00 GOOD MORNING <b>YOGA FLOW</b> Alex			09:45-10:30 <b>BARRE FITNESS</b> Jasmin			09:25-09:55 <b>STRETCH</b>	09:25-10:25 <b>BARRE FITNESS</b> abwechselnd			09:30-10:45 <b>HATHA VINYASA</b> Mimi R.																			
10:15-11:30 <b>ZEITGENÖSS. BALLETT II</b> Daniela G.			10:15-11:15 <b>RÜCK-BILDUNG</b> Katharina	10:15-11:15 <b>BALLET BARRE FITNESS</b> Caro			10:10-10:50 <b>MOBILITY &amp; STRETCH</b> Anissa			10:15-11:15 GOOD MORNING <b>YOGA FLOW</b> Daniela M.		10:15-11:30 <b>ZEITGENÖSS. BALLETT II</b> Gaetano			10:45-11:45 <b>RÜCK-BILDUNG</b> Jasmin			10:00-11:15 <b>YOGA FLOW SANFT</b> Katharina	10:30-11:30 <b>POWER STRETCH</b> Gaetano			10:00-11:00 <b>BARRE FITNESS &amp; STRETCH</b> Lara																			
11:45-13:00 <b>MODERN II</b> Daniela G.				11:30-12:30 <b>Mami Baby + Schwangeren BARRE FITNESS</b> Caro														11:30-12:45 <b>BALLETT II</b> Alexander	11:35-12:35 <b>BALLET BASICS</b> Gaetano			11:05-12:05 <b>PILOXING</b> Anissa																			
							11:00-12:00 <b>RÜCK-BILDUNG</b> Jasmin																11:15-12:15 <b>PILATES</b> Lara																		

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

	15:30-16:15 <b>HIPHOP 3-5J. BALLETT 3-5J.</b> Lara		15:30-16:15 <b>BALLETT 3-6J.</b> Caro		15:30-16:15 <b>HIPHOP 5-7</b> Domi		15:40-16:25 <b>JAZZ FUNK 9-12J.</b> Domi			15:20-16:05 <b>BALLETT 7-9J.</b> Viola		15:40-16:40 <b>BREAKDANCE ca.7-15J.</b> Vladi			16:15-17:00 <b>BALLETT 4-6J.</b> Viola				14:30-15:30 <b>BODY PUMP</b> Chris			14:30-15:45 <b>BALLET BASICS</b> Teens&Adults Nina B.	
	16:15-17:00 <b>HIPHOP 4-6J. BALLETT 5-7J.</b> Lara		16:00-16:45 <b>HIPHOP 9-12J.</b> Domi	16:20-17:05 <b>HIPHOP 3-6J.</b> Caro		16:20-17:05 <b>HIPHOP 7-10 BALLETT 3-5J.</b> Domi		16:30-17:30 <b>JAZZ FUNK ab 13J.</b> Domi	16:30-17:30 <b>BARRE WORKOUT &amp; STRETCH</b> Jade			16:50-17:50 <b>HIP HOP ALL LEVELS</b> Aaron		17:15-18:30 <b>BALLETT I-II</b> Ben								15:45-17:00 <b>LYRICAL JAZZ II</b> Giovanni	
	17:00-18:00 <b>DANCEHALL</b> Aaron		16:50-17:50 <b>FEMALE HIPHOP ab 13J.</b> Domi	17:10-18:10 <b>BALLET BARRE FITNESS</b> Jasmin A.M.	18:00-19:00 <b>YOGA MEDIUM</b> Daniela M.		17:10-18:20 <b>CONTEMP. JAZZ I-II</b> Maxi	17:15-18:15 <b>BODY BOOM</b> Lara		17:35-18:35 <b>DANCE JAM</b> Thomas	17:45-18:45 <b>PILATES</b> Jade		18:00-19:10 <b>MODERN II</b> Maxi		18:35-19:35 <b>BALLET BARRE FITNESS</b> Chris							Ab 16:00 <b>AERIAL YOGA/ RESTORATIVE AERIAL</b> Termine online	
	18:05-19:20 <b>BALLETT I-II</b> Laura		18:00-19:10 <b>JAZZ II</b> Mathias	18:15-19:15 <b>POWER MOVES</b> Alexia		18:25-19:35 <b>YOGA FLOW BASIC</b> Katharina	18:25-19:25 <b>BALLETT I-II</b> Thierry		18:40-19:40 <b>FEMALE STREET JAZZ</b> Prince	18:50-19:35 <b>BOOTY BURN</b> Jacky		18:25-19:25 <b>INSIDE FLOW YOGA</b> Julia M.	19:15-20:25 <b>MODERN I-II</b> Dani M.	19:20-20:35 <b>MODERN II-III</b> Mathias		19:40-20:40 <b>DANCEHALL</b> Alexia	19:40-20:55 <b>LYRICAL JAZZ FUSION II</b> Ninosch						17:15-18:15 <b>YOGA BASICS</b> Vanessa
	19:30-20:40 <b>BURLESQUE JAZZ</b> Ninosch	19:30-20:45 <b>MODERN II</b> Pedro	19:15-20:25 <b>MODERN I-II</b> Dani M.	19:20-20:35 <b>MODERN II-III</b> Mathias		19:40-20:40 <b>HIP HOP ALL LEVELS</b> Maja	19:30-20:45 <b>BALLETT II-III</b> Natalia		19:45-20:45 <b>DANCEHALL</b> Alexia	19:40-20:55 <b>LYRICAL JAZZ FUSION II</b> Ninosch		19:30-20:40 <b>BURLESQUE JAZZ</b> Ninosch										17:10-18:25 <b>BASIC TECHNICAL JAZZ</b> Caro	
	20:45-22:00 <b>JAZZ BASICS</b> Ornella	20:50-21:50 <b>BARRE FITNESS</b> Anissa	20:30-22:00 <b>BALLET BASICS</b> Viktoria	20:45-22:00 <b>JIVAMUKTI YOGA BASIC</b> Jasmin		20:45-22:00 <b>LYRICAL JAZZ I</b> Mathias		21:00-22:15 <b>MODERN BASICS</b> Ninosch					20:35-21:35 <b>GOOD NIGHT YOGA</b> Daniela M.										18:30-19:45 <b>HIP HOP ALL LEVELS</b> Aaron
																							18:30-19:45 <b>HIP HOP ALL LEVELS</b> Aaron

Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:  
[www.studio-1.eu](http://www.studio-1.eu)  
 Kursplan Stand: 22.11.22