

# KURSPLAN

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

Morning/Lunch-Programm (09:00-13:00 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
09:00-10:00 <b>DEEP WORK</b> Julia A.	07:00-07:45 <b>BARRE meets PILATES</b> Lara <b>NEU</b>	09:00-10:00 <b>PILATES</b> Jade	09:00-10:00 <b>SCHWANGEREN-YOGA</b> Kathi	<b>NEU</b> 09:30-10:45 <b>BALLETT BASICS</b> André	09:00-10:00 <b>BAUCH&amp; BOOTY</b> Anissa	09:00-10:00 <b>YOGA meets WORKOUT</b> Jasmin	09:00-10:00 <b>YOGA FLOW</b> Alex		09:35-10:35 <b>BARRE FITNESS</b> Jasmin	09:25-09:55 <b>STRETCH</b>	09:25-10:25 <b>BARRE FITNESS</b> abwechselnd	09:45-10:45 <b>BARRE FITNESS &amp; STRETCH</b> Lara	09:30-10:45 <b>HATHA VINYASA YOGA MEDIUM</b> Mimi R.
10:15-11:30 <b>BALLETT II</b> Daniela G.	09:00-09:45 <b>PILATES</b> Lara	10:15-11:15 <b>BARRE FITNESS</b> Amelie	10:15-11:15 <b>YOGA FLOW</b> Kathi	10:10-10:55 <b>MOBILITY &amp; STRETCH</b> Anissa	10:10-10:55 <b>MOBILITY &amp; STRETCH</b> Anissa	10:15-11:15 <b>YOGA FLOW</b> Daniela M.	10:15-11:15 <b>Mami Baby BARRE FITNESS</b> Anissa	10:15-11:30 <b>BALLETT II</b> Gaetano	10:00-11:15 <b>YOGA FLOW SANFT</b> Kathi	10:30-11:30 <b>POWER STRETCH</b> Gaetano	11:00-12:00 <b>PILOXING</b> Anissa	11:00-12:00 <b>PILATES</b> Lara	
	10:00-11:00 <b>YOGA FLOW</b> Steven <b>NEU</b>	11:30-12:30 <b>Mami Baby BARRE FITNESS</b> Amelie		10:50-11:50 <b>RÜCK-BILDUNG</b> Jasmin	11:00-12:15 <b>BALLETT I-II</b> Ilija	11:20-12:35 <b>BALLETT I-II</b> Yevgenij		10:45-11:45 <b>RÜCK-BILDUNG</b> Jasmin	11:35-12:50 <b>BALLETT II</b> Alexander	11:35-12:50 <b>BALLETT BASICS</b> Gaetano	12:10-12:55 <b>MOBILITY&amp;STRETCH</b> Anissa <b>NEU</b>	12:10-13:10 <b>PILATES</b> Lisa	

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

15:40-16:25 <b>BALLETT 3-5J.</b> Nina B.	15:30-16:15 <b>HIPHOP 3-5J.</b> Paulinn	15:30-16:15 <b>BALLETT 3-6J.</b> Paulinn	15:30-16:15 <b>HIPHOP 6-8</b> Domi	15:40-16:25 <b>JAZZ FUNK 9-12J.</b> Domi	15:30-16:15 <b>BALLETT 5-7J.</b> Viola	15:20-16:05 <b>BALLETT 7-9J.</b> Viola	15:00-16:00 <b>BREAKDANCE ab 11J.</b> Vladi		16:15-17:00 <b>BALLETT 4-6J.</b> Viola	Ab 14:30 <b>AERIAL YOGA</b>	14:30-15:30 <b>BODY PUMP</b> Chris	14:30-15:45 <b>BALLETT I-II</b> Nina	ab 13:30 <b>AERIAL YOGA</b>
16:30-17:15 <b>BALLETT 5-7J.</b> Nina B.	16:15-17:00 <b>HIPHOP 4-6J.</b> Paulinn	16:20-17:05 <b>HIPHOP 3-6J.</b> Paulinn	16:20-17:05 <b>HIPHOP 8-11</b> Domi	16:20-17:05 <b>BALLETT 4-6J.</b> Lara	16:25-17:25 <b>BARRE FITNESS &amp; STRETCH</b> Jade	16:15-17:00 <b>BALLETT 4-6J.</b> Viola	16:00-16:45 <b>BREAKDANCE ca.7-10J.</b> Vladi	16:50-17:50 <b>HIP HOP ALL LEVELS</b> Aaron		<b>RESTORATIVE AERIAL</b>		16:00-17:00 <b>TONE &amp; STRETCH</b> Nina	15:45-17:00 <b>LYRICAL JAZZ II</b> Giovanni
17:30-18:15 <b>HIT</b> Anissa <b>NEU</b>	17:05-18:05 <b>DANCEHALL</b> Aaron	16:50-17:50 <b>FEMALE HIPHOP ab 13J.</b> Domi	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>PILATES BASIC</b> Jade	17:15-18:30 <b>BALLETT I-II</b> Ben	16:50-17:50 <b>HIP HOP ALL LEVELS</b> Aaron	18:00-19:10 <b>MODERN II</b> Maxi		<b>RESTORATIVE AERIAL</b>	16:35-17:50 <b>MODERN I</b> Mathias	17:15-18:15 <b>YOGA BASICS</b> Vanessa	17:10-18:25 <b>JAZZ BASICS</b> Caro A.
18:25-19:25 <b>INSIDE FLOW YOGA</b> Julia M.	18:10-19:25 <b>BALLETT I-II</b> Laura	18:00-19:10 <b>JAZZ II</b> Mathias	18:15-19:15 <b>POWER MOVES</b> Lexi	18:25-19:25 <b>BALLETT I-II</b> Thierry	18:45-19:35 <b>PILOXING</b> Anissa	18:35-19:35 <b>BARRE FITNESS</b> Chris	18:00-19:10 <b>MODERN II</b> Maxi	19:15-20:30 <b>YOGA MEDIUM</b> Daniela M.		Termine online		18:30-19:45 <b>HIP HOP ALL LEVELS</b> Aaron	
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	19:40-20:40 <b>BALLETT BASICS</b> Chris	19:15-20:30 <b>YOGA MEDIUM</b> Daniela M.			18:15-19:30 <b>LYRICAL JAZZ I</b> Mathias			
20:45-22:00 <b>JAZZ BASICS</b> Domi	20:50-21:50 <b>BARRE FITNESS</b> Anissa	20:30-22:00 <b>BALLETT BASICS</b> Viktoria	20:45-22:00 <b>YOGA FLOW BASICS</b> Carolin	20:45-22:00 <b>LYRICAL JAZZ I-II</b> Mathias	20:50-21:50 <b>BURLESQUE JAZZ</b> Lexi <b>NEU</b>	20:45-22:00 <b>JAZZ BASICS</b> Giovanni	20:35-21:35 <b>GOOD NIGHT YOGA</b> Daniela M.			<b>MAMI BABY LYRICAL BODY MIND &amp; YOGA KIDS &amp; TEENS WORK OUT</b>			

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