

# KURSPLAN STUDIO ONE (gültig ab 01.09.21)

MUTTER & KIND	BODY, MIND & YOGA	WORK OUT
TANZ	KIDS / TEENS	

## Morning/Lunch-Programm (7-13 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			08:30-09:00 POWER BOOST Clara			07:30-08:15 EARLY BIRD YOGA online			09:00-10:00 BALLET BARRE FITNESS Melissa			09:00-10:00 JIVAMUKTI YOGA INTENSE Alex								
	09:30-10:30 YOGA Fokus RÜCKEN Marion		09:00-10:00 PILATES Jade	09:15-10:15 PAUSE RÜCK-BILDUNG Clara		09:15-10:15 SCHWANGEREN-YOGA Therese									09:35-10:05 STRETCH Daniela M.	09:30-10:30 BARRE FITNESS abwechselnd		09:30-10:30 JIVAMUKTI Jasmin J.		
	PAUSE		10:15-11:15 GOOD MORNING YOGA FLOW Julia M.	10:30-11:30 PAUSE BALLET BARRE FITNESS Caro					10:15-11:15 GOOD MORNING YOGA FLOW Daniela M.			PAUSE	10:15-11:15 URBAN DANCE FITNESS Alexia		10:15-11:15 YOGA FLOW SANFT Daniela M.	10:45-11:30 BOOTY BURN Giovanni		10:00-11:00 BARRE FITNESS & STRETCH Lara		
10:45-12:00 ZEITGENÖSS. BALLET II Daniela G.	10:45-11:45 MAMI BABY BARRE FITNESS Caro											10:30-11:30 RÜCK-BILDUNG Clara	11:30-12:45 ZEITGENÖSS. BALLET II Gaetano		11:30-12:45 PAUSE BALLETT II Alexander	11:35-12:05 PAUSE hard CORE Giovanni		11:15-12:15 STRONG Nation Lara		
12:15-13:30 MODERN II Daniela G.						11:15-12:15 RÜCK-BILDUNG Jasmin	12:00-13:00 LUNCH YOGA Julia					12:00-12:45 LUNCH BARRE FITNESS Clara			11:30-12:45 BALLETT II Maxi			13:05-14:20 BALLET BASICS Nina B.		
						15:30-16:15 HIPHOP 6-8 Alina							14:50-15:35 BALLET 7-10J. Zahra		13:00-14:15 CONTEMP. JAZZ II Maxi	13:30-14:30 JAZZ I Benjamin		14:30-15:45 BALLET II Nina B.		
15:30-16:15 HIPHOP 3-5J. Paulinn	15:40-16:25 BALLET 4-5J. Lara		16:00-16:45 HIPHOP 8-11J. Domi	16:00-16:45 HIPHOP 4-6J. Anissa		16:20-17:05 HIPHOP 8-12 Alina	16:20-17:05 BALLET 3-5J. Lara		15:40-16:25 JAZZ FUNK 9-12J. Domi			15:40-16:40 BREAKDANCE ca. 7-15J. Jawad	15:40-16:25 BALLET 4-7J. Zahra		14:30-15:45 JIVAMUKTI YOGA INT. Jasmin J.			16:00-17:00 TONE & STRETCH Nina B.	15:45-17:00 BASIC TECHNICAL JAZZ Caro	
16:20-17:05 HIPHOP 4-6J. Paulinn	16:30-17:15 BALLET 5-7J. Lara	16:30-17:00 BAUCH & BOOTY Alexia	16:50-17:50 PAUSE FEMALE HIPHOP TEENS 12-16J. Domi	17:00-18:00 PAUSE BALLET BARRE FITNESS Jasmin A.M.		17:10-18:10 PAUSE CONTEMP. JAZZ I-II Maxi	17:15-18:15 PAUSE BODY BOOM Lara		16:30-17:30 JAZZ FUNK 13-17J. Domi	16:15-17:15 BALLET BASICS Jade		16:50-17:50 HIP HOP ALL LEVELS Aaron	16:30-17:30 BALLET Teens 10-14J. Zahra		16:30-17:45 MODERN I Mathias	Ab 16:00 AERIAL YOGA/ Termin online		17:15-18:15 PILOXING Anissa	17:15-18:15 PAUSE PHYSIO FLOW YOGA Eva	
17:10-18:10 DANCEHALL Alexia	17:20-18:20 PAUSE BODY BOOM Lara		18:00-19:00 JAZZ II Volker	18:10-19:10 PAUSE POWER MOVES Maja	18:15-19:15 SCHWANGEREN-YOGA Therese	18:25-19:25 YOGA FLOW BASIC Steven	18:30-19:30 PAUSE STRONG Nation Thomas		17:40-18:40 ZUMBA HIP HOP Thomas	17:30-18:30 PILATES Jade		18:00-19:00 MODERN II Maxi	17:45-19:00 BALLET I-II Ben		18:00-19:15 LYRICAL JAZZ I Mathias			17:15-18:15 PAUSE		
18:25-19:25 INSIDE FLOW YOGA Julia M.	18:35-19:35 PAUSE BALLET I-II Laura		19:15-20:15 MODERN I-II Volker	19:20-20:35 PAUSE MODERN II-III Mathias	18:15-19:15 SALSATION Federica	19:35-20:35 PAUSE HIP HOP ALL LEVELS Maja	19:45-20:45 PAUSE BALLET II-III Natalia		19:00-20:00 FEMALE STREET JAZZ Prince	18:50-19:35 BOOTY BURN Thomas		19:15-20:15 LYRICAL JAZZ I-II Deniz	19:15-20:15 YOGA FLOW INTENSE Daniela M.					19:00-20:00 POWER BOOST & STRETCH Clara	19:00-20:00 SUNDAY YOGA Therese	
19:35-20:45 BURLESQUE JAZZ Ninosch	19:45-20:45 PAUSE MODERN II Pedro		20:30-21:45 BALLET BASICS Viktoria	20:45-22:00 PAUSE JIVAMUKTI YOGA BASIC Jasmin	(Aug-Okt.nur online)	20:45-22:00 PAUSE LYRICAL JAZZ I Mathias	21:00-22:15 PAUSE COMMERCIAL JAZZ II Deniz		20:15-21:15 DANCEHALL Alexia	21:00-22:00 FUSION II Ninosch		20:30-21:30 TONE & STRETCH Deniz	20:30-21:30 GOOD NIGHT YOGA FLOW (online) Daniela M.							
20:50-22:00 JAZZ BASICS Giovanni	21:00-22:00 PAUSE BARRE FITNESS Anissa																			



Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:  
www.studio1-muenchen.de  
ALL LEVELS