

# KURSPLAN STUDIO ONE (gültig ab 01.10.21)

MUTTER & KIND

BODY, MIND & YOGA

WORK OUT

TANZ

KIDS / TEENS

## 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 <b>FUNCTIONAL &amp; STRETCH</b> Lara				08:30-09:00 <b>POWER BOOST</b> Clara			07:30-08:15 <b>EARLY BIRD YOGA online</b>			09:00-10:00 <b>BALLET BARRE FITNESS</b> Melissa		09:00-10:00 <b>JIVAMUKTI YOGA INTENSE</b> Alex			09:25-09:55 <b>STRETCH</b> Daniela M.	09:25-10:25 <b>BARRE FITNESS</b> abwechselnd			09:30-10:30 <b>JIVAMUKTI</b>	
	09:30-10:30 <b>YOGA</b> Fokus RÜCKEN Marion		09:00-10:00 <b>PILATES</b> Jade	09:15-10:15 <b>RÜCK-BILDUNG</b> Clara		09:15-10:15 <b>YOGA DANCE</b> Jack	09:00-10:00 <b>SCHWANGEREN-YOGA</b> Therese								10:00-11:15 <b>YOGA FLOW SANFT</b> Daniela M.	10:30-11:30 <b>POWER STRETCH</b> Gaetano		10:00-11:00 <b>BARRE FITNESS &amp; STRETCH</b> Lara	10:00-11:00 <b>YOGA MEDIUM</b> Jasmin J.	
10:15-11:30 <b>ZEITGENÖSS. BALLET II</b> Daniela G.	10:45-11:45 <b>MAMI BABY</b> Caro		10:15-11:15 <b>GOOD MORNING YOGA FLOW</b> Julia M.	10:30-11:30 <b>BALLET BARRE FITNESS</b> Caro					10:15-11:15 <b>GOOD MORNING YOGA FLOW</b> Daniela M.	10:15-11:15 <b>FUNCTIONAL YOGA MamiBaby</b> Melissa (ab 11.11.)		10:30-11:30 <b>RÜCK-BILDUNG</b> Clara	10:15-11:30 <b>ZEITGENÖSS. BALLET II</b> Gaetano		11:30-12:45 <b>MODERN II</b> Gaetano	12:00-12:45 <b>LUNCH BARRE FITNESS</b> Clara		11:15-12:15 <b>STRONG Nation</b> Lara		
11:45-13:00 <b>MODERN II</b> Daniela G.						11:15-12:15 <b>RÜCK-BILDUNG</b> Jasmin	12:00-13:00 <b>LUNCH YOGA</b> Julia								11:30-12:45 <b>BALLET II</b> Alexander	11:35-12:35 <b>BALLET BASICS</b> Gaetano		13:05-14:20 <b>BALLET BASICS</b> Nina B.		
15:30-16:15 <b>HIPHOP 3-5J.</b> Paulinn	15:40-16:25 <b>BALLET 3-5J.</b> Lara		16:00-16:45 <b>HIPHOP 9-12J.</b> Domi			15:30-16:15 <b>HIPHOP 5-7</b> Domi			15:40-16:25 <b>JAZZ FUNK 9-12J.</b> Domi			15:40-16:40 <b>BREAKDANCE ca.7-15J.</b> Vladi	15:40-16:25 <b>BALLET 4-7J.</b> Zahra		14:50-15:35 <b>BALLET 7-10J.</b> Zahra			14:30-15:45 <b>BALLET II</b> Nina B.	14:30-15:45 <b>BALLET II</b> Nina B.	
16:20-17:05 <b>HIPHOP 4-6J.</b> Paulinn	16:30-17:15 <b>BALLET 5-7J.</b> Lara	16:30-17:00 <b>BAUCH &amp; BOOTY</b> Alexia	16:50-17:50 <b>FEMALE HIPHOP ab 13J.</b> Domi	17:10-18:10 <b>BALLET BARRE FITNESS</b> Jasmin A.M.		16:20-17:05 <b>HIPHOP 7-10</b> Domi	16:20-17:05 <b>BALLET 3-5J.</b> Lara		16:30-17:30 <b>JAZZ FUNK ab 13J.</b> Domi	16:20-17:35 <b>BALLET BASICS</b> Jade		16:50-17:50 <b>HIPHOP ALL LEVELS</b> Aaron	16:30-17:30 <b>BALLET Teens 10-14J.</b> Zahra		16:30-17:30 <b>RESTORATIVE AERIAL YOGA/</b> Termine online	16:20-17:35 <b>MODERN I</b> Mathias		16:00-17:00 <b>TONE &amp; STRETCH</b> Nina B.	15:45-17:00 <b>BASIC TECHNICAL JAZZ</b> Caro	
17:10-18:10 <b>DANCEHALL</b> Alexia	17:20-18:20 <b>BODY BOOM</b> Lara		18:00-19:10 <b>JAZZ II</b> Volker	18:15-19:15 <b>POWER MOVES</b> Maja	18:15-19:15 <b>SCHWANGEREN-YOGA</b> Therese	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>ZUMBA HIP HOP</b> Thomas	17:45-18:45 <b>PILATES</b> Jade		18:00-19:10 <b>MODERN II</b> Maxi	17:55-19:10 <b>BALLET I-II</b> Ben		18:00-19:10 <b>RESTORATIVE AERIAL</b> Termine online	18:00-19:15 <b>LYRICAL JAZZ I</b> Mathias		17:15-18:15 <b>PILOXING</b> Anissa	17:15-18:15 <b>PHYSIO FLOW YOGA</b> Eva	
18:15-19:30 <b>BALLET I-II</b> Laura	18:25-19:25 <b>INSIDE FLOW YOGA</b> Julia M.		19:15-20:25 <b>MODERN I-II</b> Volker	19:20-20:35 <b>MODERN II-III</b> Mathias	18:15-19:15 <b>SALSATION</b> Federica	18:25-19:35 <b>YOGA FLOW BASIC</b> Steven	18:20-19:20 <b>STRONG Nation</b> Thomas		18:40-19:40 <b>FEMALE STREET JAZZ</b> Prince	18:50-19:35 <b>BOOTY BURN</b> Thomas		19:15-20:25 <b>LYRICAL JAZZ I-II</b> Deniz/Ben	19:15-20:25 <b>YOGA FLOW INTENSE</b> Daniela M.					19:00-20:00 <b>POWER BOOST &amp; STRETCH</b> Clara	19:00-20:00 <b>SUNDAY YOGA</b> Therese	
19:35-20:45 <b>BURLESQUE JAZZ</b> Ninosch	19:30-20:45 <b>MODERN II</b> Pedro		20:30-21:45 <b>BALLET BASICS</b> Viktoria	20:45-22:00 <b>JIVAMUKTI YOGA BASIC</b> Jasmin	(Aug-Okt.nur online)	19:40-20:40 <b>HIPHOP ALL LEVELS</b> Maja	19:25-20:40 <b>BALLET II-III</b> Natalia		19:45-20:45 <b>DANCEHALL</b> Alexia	19:40-20:55 <b>LYRICAL JAZZ FUSION II</b> Ninosch	19:45-20:15 <b>hard CORE</b> Thomas	20:30-21:30 <b>TONE &amp; STRETCH</b> Deniz/Viktoria	20:30-21:30 <b>GOOD NIGHT YOGA FLOW (online)</b> Daniela M.							
20:50-22:00 <b>JAZZ BASICS</b> Omella	20:50-21:50 <b>BARRE FITNESS</b> Anissa					20:45-22:00 <b>LYRICAL JAZZ I</b> Mathias			21:00-22:15 <b>MODERN BASICS</b> Ninosch											



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