

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				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			09:25-09:55 STRETCH Daniela M.	09:25-10:25 BARRE FITNESS abwechselnd				09:30-10:30 JIVAMUKTI	
	09:30-10:30 YOGA Fokus RÜCKEN Marion		09:00-10:00 PILATES Jade	09:15-10:15 RÜCK-BILDUNG Clara		09:15-10:15 YOGA DANCE Jack	09:00-10:00 SCHWANGEREN-YOGA Therese								10:00-11:15 YOGA FLOW SANFT Daniela M.	10:30-11:30 PAUSE				10:00-11:00 YOGA MEDIUM Jasmin J.	
10:15-11:30 ZEITGENÖSS. BALLET II Daniela G.	10:45-11:45 MAMI BABY Caro		10:15-11:15 GOOD MORNING YOGA FLOW Julia M.	10:30-11:30 PAUSE					10:15-11:15 GOOD MORNING YOGA FLOW Daniela M.	10:15-11:15 FUNCTIONAL YOGA MamiBaby Melissa		10:30-11:30 RÜCK-BILDUNG Clara	10:15-11:30 ZEITGENÖSS. BALLET II Gaetano		11:30-12:45 BALLET II Alexander	11:35-12:35 PAUSE				11:15-12:15 STRONG Nation Lara	
11:45-13:00 MODERN II Daniela G.				10:30-11:30 BALLET BARRE FITNESS Caro		11:15-12:15 RÜCK-BILDUNG Jasmin	12:00-13:00 LUNCH YOGA Julia					11:45-13:00 MODERN II Gaetano	12:00-12:45 LUNCH BARRE FITNESS Clara		11:30-12:45 BALLET II Alexander	11:35-12:35 BALLET BASICS Gaetano					
				15:30-16:15 BALLET 4-6J. Caro		15:30-16:15 HIPHOP 5-7 Domi			15:40-16:25 JAZZ FUNK 9-12J. Domi				14:35-15:05 BALLET 3J. Zahra		12:50-14:05 CONTEMP. JAZZ II Maxi	13:15-14:25 JAZZ I Benjamin				13:05-14:20 BALLET BASICS Nina B.	
15:30-16:15 HIPHOP 3-5J. Paulinn	15:40-16:25 BALLET 3-5J. Lara		16:00-16:45 HIPHOP 9-12J. Domi	Start: 11.01.22 16:20-17:05 HIPHOP 4-6J. Caro		16:20-17:05 PAUSE	16:20-17:05 BALLET 3-5J. Lara		16:30-17:30 JAZZ FUNK ab 13J. Domi	16:20-17:35 BALLET BASICS Jade		15:40-16:40 BREAKDANCE ca.7-15J. Vladi	16:00-16:45 BALLET 4-6J. Zahra		14:35-15:50 JIVAMUKTI YOGA INT. Jasmin J.	14:30-15:45 BALLET II Nina B.				14:30-15:45 BALLET II Nina B.	
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 FEMALE HIPHOP ab 13J. Domi	Start: 11.01.22 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 ZUMBA HIP HOP Thomas	17:45-18:45 PILATES Jade		16:50-17:50 HIPHOP ALL LEVELS Aaron	16:50-17:50 BALLET 10-14J. Zahra		Ab 16:00 AERIAL YOGA/ RESTORATIVE AERIAL Termine online	16:20-17:35 MODERN I Mathias				16:00-17:00 TONE & STRETCH Nina B.	
17:10-18:10 DANCEHALL Alexia	17:20-18:20 BODY BOOM Lara		18:00-19:10 JAZZ II Mathias (Volker)	18:15-19:15 POWER MOVES Maja	18:15-19:15 SCHWANGEREN-YOGA Therese	18:25-19:35 YOGA FLOW BASIC Steven	18:20-19:20 BALLET I-II Viktoria		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			18:00-19:15 LYRICAL JAZZ I Mathias				17:15-18:15 PILOXING Anissa	
18:15-19:30 BALLET I-II Laura	18:25-19:25 INSIDE FLOW YOGA Julia M.		19:15-20:25 MODERN I-II Dani M. (Volker)	19:20-20:35 PAUSE	18:15-19:15 SALSATION Federica	19:40-20:40 HIPHOP ALL LEVELS Maja	19:25-20:40 BALLET II-III Natalia		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 INTENSE Daniela M.							17:15-18:15 PHYSIO FLOW YOGA Eva	
19:35-20:45 BURLESQUE JAZZ Ninosch	19:30-20:45 MODERN II Pedro		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 CONTEMPORARY JAZZ II (ab vs. Jan 22) Kathi		21:00-22:15 MODERN BASICS Ninosch			20:30-21:30 TONE & STRETCH Viktoria	20:30-21:30 GOOD NIGHT YOGA FLOW Daniela M.							19:00-20:00 POWER BOOST & STRETCH Clara	
20:50-22:00 JAZZ BASICS Ornella	20:50-21:50 BARRE FITNESS Anissa																				19:00-20:00 SUNDAY YOGA Therese

Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:
www.studio-1.eu
 Kursplan Stand: 16.12.2021