

LOCKDOWN-ONLINE-KURSPLAN (2021)

MUTTER & KIND	BODY, MIND & YOGA	BALLETT	JAZZ DANCE
30 MINUTEN	KIDS / TEENS	WORK OUT	MODERN DANCE

Morning/Lunch-Programm (7-13 Uhr)

Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3
08:15-09:00 Functional&Stretch Lara			09:00-10:00 Pilates Jade 15 MIN	08:30-09:00 Power Boost 30' Clara 15 MIN		09:15-10:15 Yoga Dance Jack	07:30-08:15 Early Bird Flow Yoga 09:00-10:00 Yoga für Schwangere Therese			09:00-10:00 Ballet Barre Fitness Melissa		09:00-10:00 Jivamukti Yoga Intense Alex 30 MIN		
	09:30-10:30 Yoga Fokus Rücken Marion		10:15-11:15 Guten Morgen Yoga Flow Julia M.	09:15-10:15 Rückbildungs- kurs Clara 15 MIN					10:15-11:15 Guten Morgen Yoga Flow Daniela M.			10:30-11:30 Rückbildungs- kurs Clara 30 MIN		
10:45-11:45 Zeitgenöss. Ballett II Daniela G.				10:30-11:30 Ballet Barre Fitness Caro		12:00-13:00 Lunch Yoga Flow Julia						11:30-12:30 Zeitgenöss. Ballett II Gaetano		
												12:00-12:45 Lunch Ballet Barre Fitness Clara		
									15:30-16:15 Hip Hop 8-12J Domi 15 MIN					
16:35-17:05 Bauch & Booty Express Alexia 10 MIN				16:00-16:45 HipHop 4-6J. Paulinn			16:30-17:00 Ballett 4-6J. 45 MIN		16:20-17:20 ModernJazz Teens 11-15 Domi 15 MIN			16:45-17:45 Hip Hop All Levels Aaron 15 MIN		
17:15-18:00 Dancehall Alexia 15 MIN	17:15-18:15 Zumba Hip Hop Thomas 15 MIN		18:00-19:00 Ballet Barre Fitness Jasmin A.M. 15 MIN	18:15-19:15 Zumba Thomas 15 MIN	18:15-19:15 Schwangeren- yoga Therese 15 MIN	17:30-18:15 Body Boom Lara 15 MIN	17:30-18:30 Zumba Thomas 15 MIN	17:30-18:30 Contemporary Jazz WarmUp II Deniz 15 MIN	17:45-18:45 Zumba HipHop Thomas 15 MIN	17:30-18:30 Pilates Jade 15 MIN		18:00-19:00 Lyrical Jazz I Deniz 15 MIN		
18:15-19:15 Inside Flow Yoga Julia M. 15 MIN	18:30-19:30 Ballett I-II Laura 15 MIN	18:00-19:00 Pilates Pedro 30 MIN	19:15-20:15 Ballett GK Christopher 15 MIN	19:30-20:30 Modern II-III Mathias 15 MIN		18:30-19:30 Yoga Flow Basic Steven 30 MIN	18:45-19:45 Ballett II-III Natalia 15 MIN	18:45-19:15 hard CORE Thomas	19:00-19:45 Booty Burn Thomas 15 MIN	18:45-19:45 Yoga Flow Medium Jack 15 MIN		19:15-20:15 Tone & Stretch Deniz 30 MIN		
19:30-20:30 Burlesque Jazz Ninosch	19:45-20:45 Ballet Barre Fitness Chris	19:30-20:30 Yin Yoga Julia M.	20:30-21:30 Jivamukti Yoga Basic Jasmin			20:00-21:00 Lyrical Jazz I Mathias	20:00-20:45 HipHop Choreo Maja		20:00-20:45 Dancehall Alexia	20:00-21:00 Female Street Jazz Prince 15 MIN		19:00-20:00 Yoga Flow Intense Daniela M. 30 MIN		
										21:15-22:15 Modern Basic Ninosch		20:30-21:30 Good Night Yoga Flow Daniela M.		

Wochenende im Studio One

Samstag			Sonntag		
Saal 1	Saal 2	Saal 3	Saal 1	Saal 2	Saal 3
09:35-10:05 Weekend Stretch Daniela M. 15 MIN	08:30-09:30 Ballet Barre Fitness abwechselnd 15 MIN		10:00-11:00 Barre Fitness & Stretch Lara 15 MIN	09:30-10:30 Jivamukti Yoga Medium Jasmin J.	
10:15-11:15 Yoga Flow Sanft Daniela M.	09:45-10:45 Urban Dance Fitness Alexia 15 MIN		11:15-12:15 Strong Lara		
12:15-13:15 Ballett Basics Benjamin 15 MIN	11:00-11:45 Booty Burn Thomas 15 MIN				
13:30-14:30 Jazz I Benjamin	12:00-12:30 hard CORE Thomas				
	14:30-15:30 Ballett GK Ina 15 MIN				
	15:45-16:45 Basic Tech. Jazz Chris			15:45-16:45 Tone & Stretch Ina	
	18:00-19:00 Lyrical Jazz I Mathias				
	18:30-19:30 Ballet Barre Fitness Caro				
			18:00-18:45 HIT & BOX Jürgen 15 MIN		
			19:00-19:45 Power Boost Clara	19:00-20:00 Relaxed Sunday Yoga all Levels Therese	



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