

# REOPENING SOMMER 2021

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

## Morning/Lunch-Programm (7-13 Uhr)

Morning/Lunch-Programm (7-13 Uhr)						Wochenende im Studio One														
Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
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	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. 15 MIN	09:15-10:15 Rückbildungskurs Clara 15 MIN					10:15-11:15 Guten Morgen Yoga Flow Daniela M.			10:30-11:30 Rückbildungskurs Clara 30 MIN	10:15-11:15 Urban Dance Fitness Alexia 15 MIN		09:35-10:05 Weekend Stretch Daniela M. 15 MIN	09:30-10:30 Barre Fitness abwechselnd 15 MIN		09:30-10:30 Jivamukti Yoga Medium Jasmin J. 15 MIN		
10:45-12:00 Zeitgenöss. Ballett II Daniela G. 15 MIN				10:30-11:30 Ballet Barre Fitness Caro			11:15-12:15 Rückbildungskurs Jasmin A.M. (wieder ab 16.6.)					12:00-12:45 Lunch Ballet Barre Fitness Clara 30 MIN	11:30-12:45 Zeitgenöss. Ballett II Gaetano		10:15-11:15 Yoga Flow Sanft Daniela M. 15 MIN	10:45-11:30 Booty Burn Thomas 15 MIN		10:00-11:00 Barre Fitness & Stretch Lara 15 MIN		
							12:00-13:00 Lunch Yoga Flow Julia								11:30-12:45 Ballett II Alexander 15 MIN	11:45-12:15 hard CORE Thomas		11:15-12:15 Strong Lara		
															13:00-14:15 Contemporary Jazz II Maxi 15 MIN	13:30-14:30 Jazz I Benjamin				
	15:15-16:00 Ballett 5-7J. Lara 15 MIN								15:30-16:15 Hip Hop 8-12J Domi 15 MIN				14:30-15:15 Ballett 7-10J. Zahra 15 MIN					14:15-15:30 Ballett II Chris 15 MIN		
				16:00-16:45 HipHop 4-6J. Paulinn 15 MIN			15:45-16:45 Hip Hop 7-11 Alina 15 MIN	16:00-16:45 Ballett 4-6J. Lara 15 MIN		16:15-17:15 Ballett GK Jade 15 MIN			15:30-16:30 Ballett 10-14J. Zahra 15 MIN		14:30-15:45 Jivamukti Yoga Intense Jasmin J.				14:30-15:45 Ballett GK Ina 15 MIN	
16:30-17:00 Bauch & Booty Express Alexia 15 MIN	16:15-17:00 Ballett 4-5J. Lara 15 MIN			17:00-18:00 Ballet Barre Fitness Jasmin A.M. 15 MIN			17:00-18:00 Body Boom Lara 15 MIN	17:15-18:15 Contemporary Jazz I-II Maxi 15 MIN		17:30-18:30 Pilates Jade 15 MIN			16:45-17:45 Hip Hop All Levels Aaron 15 MIN	16:45-17:30 Ballett 4-7J. Zahra 15 MIN				15:45-17:00 Basic Tech. Jazz Chris 15 MIN		
17:10-18:10 Dancehall Alexia 15 MIN	17:20-18:20 Body Boom Lara 15 MIN			18:00-19:00 Jazz II Volker 15 MIN	18:15-19:15 Salsation Federica 15 MIN	18:15-19:15 Schwangeren-yoga Therese 15 MIN	18:15-19:15 Yoga Flow Basic Steven 30 MIN	18:30-19:30 Strong Thomas 15 MIN		17:45-18:45 Zumba HipHop Thomas 15 MIN			18:00-19:00 Modern II Maxi 15 MIN	17:45-19:00 Ballett I-II Ben 15 MIN				18:00-19:15 Lyrical Jazz I Mathias		
18:25-19:25 Inside Flow Yoga Julia M. 15 MIN	18:35-19:35 Ballett I-II Laura 15 MIN	18:30-19:30 Pilates Pedro 15 MIN								19:00-20:00 Female Street Jazz Prince 15 MIN			18:50-19:35 Booty Burn Thomas 10 MIN							
				19:15-20:15 Modern I-II Volker 15 MIN	19:30-20:30 Modern II-III Mathias 15 MIN		19:30-20:30 Hip Hop Basics Maja 15 MIN	19:45-20:45 Ballett II-III Natalia 15 MIN		20:00-20:30 hard CORE Thomas			19:15-20:15 Lyrical Jazz I Deniz 15 MIN	19:15-20:15 Yoga Flow Intense Daniela M. 15 MIN					18:00-18:45 HIT & BOX Jürgen 15 MIN	
				20:30-21:45 Ballett GK Christopher	20:45-22:00 Jivamukti Yoga Basic Jasmin		20:45-22:00 Lyrical Jazz I Mathias	21:00-22:00 Commercial Jazz II Deniz					20:30-21:30 Tone & Stretch Deniz	20:30-21:30 Good Night Yoga Flow Daniela M.					19:00-20:00 Power Boost & Stretch Clara	19:00-20:00 Relaxed Sunday Yoga all Levels Therese/ Eva
	21:00-22:00 Barre Fitness Chris																			



Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:  
[www.studio1-muenchen.de](http://www.studio1-muenchen.de)  
 All Levels