

# KURSPLAN

## Morning/Lunch-Programm (09:00-13:00 Uhr)

Montag						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
09:00-09:45 <b>PILATES</b> Lara	09:30-10:30 <b>YOGA</b> Fokus Rücken Marion		09:00-10:00 <b>PILATES</b> Jade	09:00-10:00 SCHWANGEREN- <b>YOGA</b> Katharina			09:00-10:00 <b>BAUCH&amp; BOOTY</b> Anissa		09:00-10:00 <b>BALLET BARRE FITNESS</b> Melissa			09:00-10:00 GOOD MORNING <b>YOGA FLOW</b> Alex			09:25-09:55 <b>STRETCH</b>	09:25-10:25 <b>BARRE FITNESS</b> abwechselnd			09:30-10:30 <b>JIVAMUKTI</b>	
10:15-11:30 <b>ZEITGENÖSS. BALLET II</b> Daniela G.			10:15-11:15 <b>RÜCK-BILDUNG</b> Katharina	10:15-11:15 <b>BALLET BARRE FITNESS</b> Caro			10:10-10:50 <b>MOBILITY &amp; STRETCH</b> Anissa		10:15-11:15 GOOD MORNING <b>YOGA FLOW</b> Daniela M.	10:15-11:15 Mami Baby + Schwangeren <b>FUNCTIONAL YOGA</b> Melissa		10:30-11:30 <b>RÜCK-BILDUNG</b> Jasmin	10:15-11:30 <b>ZEITGENÖSS. BALLET II</b> Gaetano		10:00-11:15 <b>YOGA FLOW SANFT</b> Katharina	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.	
11:45-13:00 <b>MODERN II</b> Daniela G.				11:30-12:30 <b>Mami Baby + Schwangeren BARRE FITNESS</b> Caro		11:00-12:00 <b>RÜCK-BILDUNG</b> Jasmin									11:30-12:45 <b>BALLET II</b> Alexander	11:35-12:35 <b>BALLET BASICS</b> Gaetano		11:05-12:05 <b>PILOXING</b> Lara	11:05-12:05 <b>STRONG Nation</b> Lara	11:15-12:15 <b>PILOXING</b> Anissa

## Kids/Teens + Abend-Programm (15:00-22:00 Uhr)

Montag						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	
	15:30-16:15 <b>HIPHOP 3-5J. BALLET 3-5J.</b> Lara			15:30-16:15 <b>BALLET 3-6J.</b> Caro		15:30-16:15 <b>HIPHOP 5-7</b> Domi			15:40-16:25 <b>JAZZ FUNK 9-12J.</b> Domi			15:20-16:05 <b>BALLET 7-9J.</b> Viola			15:40-16:40 <b>BREAKDANCE ca.7-15J.</b> Vladi	16:15-17:00 <b>BALLET 4-6J.</b> Viola			14:30-15:30 <b>BODY PUMP</b> Chris (ab 29.10.)		14:30-15:45 <b>BALLET BASICS</b> Teens&Adults Nina B.
	16:15-17:00 <b>HIPHOP 4-6J. BALLET 5-7J.</b> Lara		16:00-16:45 <b>HIPHOP 9-12J.</b> Domi	16:20-17:05 <b>HIPHOP 3-6J.</b> Caro		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 I-II</b> Jade		16:50-17:50 <b>HIP HOP ALL LEVELS</b> Aaron	17:15-18:30 <b>BALLET I-II</b> Ben		Ab 16:00 <b>AERIAL YOGA/ RESTORATIVE AERIAL</b> Termine online	16:35-17:50 <b>MODERN I</b> Mathias		15:45-17:00 <b>LYRICAL JAZZ II</b> Giovanni	16:00-17:00 <b>TONE &amp; STRETCH</b> Nina B.		
	17:00-18:00 <b>DANCEHALL</b> Aaron		16:50-17:50 <b>FEMALE HIPHOP ab 13J.</b> Domi	17:10-18:10 <b>BALLET BARRE FITNESS</b> Jasmin A.M.	18:00-19:00 <b>YOGA MEDIUM</b> Daniela M.	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>DANCE JAM</b> Thomas	17:45-18:45 <b>PILATES</b> Jade		18:00-19:10 <b>MODERN II</b> Maxi	18:35-19:35 <b>BALLET BARRE FITNESS</b> Chris					17:15-18:15 <b>YOGA BASICS</b> Vanessa	17:10-18:25 <b>BASIC TECHNICAL JAZZ</b> Caro		
	18:05-19:20 <b>BALLET I-II</b> Julia M.		18:00-19:10 <b>JAZZ II</b> Mathias (Volker)	18:15-19:15 <b>DANCE JAM</b> Alexia		18:25-19:35 <b>YOGA FLOW BASIC</b> Katharina	18:25-19:25 <b>BALLET I-II</b> Thierry		18:40-19:40 <b>FEMALE STREET JAZZ</b> Prince	18:50-19:35 <b>BOOTY BURN</b> Jacky		19:15-20:25 <b>YOGA MEDIUM</b> Daniela M.	19:40-20:40 <b>BALLET BARRE FITNESS</b> Chris					18:30-19:45 <b>HIP HOP ALL LEVELS</b> Aaron		19:00-20:00 <b>SUNDAY YOGA</b> Mimi	
	19:30-20:40 <b>BURLESQUE JAZZ</b> Ninosch	19:30-20:45 <b>MODERN II</b> Pedro	19:15-20:25 <b>MODERN I-II</b> Dani M. (Volker)	19:20-20:35 <b>MODERN II-III</b> Mathias		19:40-20:40 <b>HIP HOP ALL LEVELS</b> Maja	19:30-20:45 <b>BALLET II-III</b> Natalia	19:45-20:45 <b>SCHWANGEREN-YOGA</b> Katharina	19:45-20:45 <b>DANCEHALL</b> Alexia	19:40-20:55 <b>LYRICAL JAZZ FUSION II</b> Ninosch		20:30-21:30 <b>GOOD NIGHT YOGA</b> Daniela M.	20:45-22:00 <b>BALLET BASICS</b> Chris								
20:45-22:00 <b>JAZZ BASICS</b> Ornella	20:50-21:50 <b>BARRE FITNESS</b> Anissa		20:30-22:00 <b>BALLET BASICS</b> Viktoria	20:45-22:00 <b>JIVAMUKTI YOGA BASIC</b> Jasmin		20:45-22:00 <b>LYRICAL JAZZ I</b> Mathias			21:00-22:15 <b>MODERN BASICS</b> Ninosch				20:45-22:00 <b>LYRICAL JAZZ I</b> Giovanni								

Alle Neuigkeiten und tagesaktuelle Stundenplanänderung:  
[www.studio-1.eu](http://www.studio-1.eu)  
 Kursplan Stand: 25.10.22