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

Saal 1
- 08:15- 09:00 Functional&Stretch Lara
- 10:45-11:45 Zeitgenöss. Ballett II Daniela G.
- 16:35- 17:05 Bauch & Booty Express Alexia
- 10 MIN
- 17:15-18:00 Dancehall Alexia
- 15 MIN
- 18:15-19:15 Inside Flow Yoga Julia M.
- 15 MIN
- 19:30-20:30 Burlesque Jazz Ninosch

Saal 2
- 09:30-10:30 Yoga Fokus Rücken Marion
- 17:15-18:15 Zumba Hip Hop Thomas
- 15 MIN
- 18:30-19:30 Ballett I-II Laura
- 15 MIN
- 19:45-20:45 Ballet Barre Fitness Anissa

Saal 3
- 18:00-19:00 Pilates Pedro
- 15 MIN
- 19:15-20:45 Yin Yang Yoga Daniela

Dienstag

Saal 1
- 09:00-10:00 Pilates Jade
- 18:00-19:00 Ballet Barre Fitness Jasmin A.M.
- 15 MIN
- 19:15-20:15 Ballett GK Christopher
- 15 MIN
- 20:30-21:30 Jivamukti Yoga Basic Jasmin

Saal 2
- 09:15-10:15 Rückbildungs-kurs Clara
- 15 MIN
- 10:30-11:30 Ballet Barre Fitness Caro
- 16:00-16:45 HipHop 4-6J. Anissa
- 18:15- 19:15 Zumba Ecaterina
- 15 MIN
- 19:30-20:30 Modern II-III Mathias

Saal 3
- 18:15-19:15 Schwangeren-yoga Therese
- 15 MIN
- 19:30-20:30 Jazz Basics Joey

Mittwoch

Saal 1
- 09:15-10:15 Yoga Dance Jack
- 12:00-13:00 Lunch Yoga Flow Julia
- 17:15-18:15 Ballet Barre Fitness Lara
- 15 MIN
- 18:30-19:30 Yoga Flow Basic Steven
- 30 MIN
- 20:00-21:00 Lyrical Jazz I Mathias

Saal 2
- 07:15-08:15 Early Bird Flow Yoga Therese
- 09:00-10:00 Yoga für Schwangere Therese
- 16:30-17:00 Ballett 4-6J.
- 45 MIN
- 17:30-18:30 Zumba Thomas
- 15 MIN
- 18:45-19:45 Ballett II-III Natalia
- 15 MIN
- 20:00-20:45 HipHop Choreo Maja

Saal 3
- 17:30-18:30 Contemporary Jazz WarmUp II Deniz
- 15 MIN
- 18:45-19:15 hard CORE Thomas

Donnerstag

Saal 1
- 10:15-11:15 Yoga Flow Medium Daniela M.
- 15:30-16:15 Hip Hop 8-12J. Domi
- 15 MIN
- 16:30-17:30 ModernJazz Teens 11-15 Domi
- 15 MIN
- 17:45-18:45 Zumba HipHop Thomas
- 15 MIN
- 19:00-19:45 Booty Burn Thomas
- 15 MIN
- 20:00-20:45 Dancehall Alexia

Saal 2
- 09:00-10:00 Ballet Barre Fitness Melissa
- 17:30-18:30 Pilates Jade
- 15 MIN
- 18:45-19:45 Yoga Flow Medium Jack
- 15 MIN
- 20:00-21:00 Female Street Jazz Prince
- 15 MIN
- 21:15-22:15 Modern Basic Ninosch

Saal 3
- 18:30- 19:30 Yoga Flow on Beat Beg. Julia M.
- 5 MIN
- 19:35-20:35 Yin Yoga Julia M.

Freitag

Saal 1
- 09.00-10:00 Jivamukti Yoga Intense Alex
- 30 MIN
- 10:30-11:30 Rückbildungs-kurs Clara
- 30 MIN
- 12:00-12:45 Lunch Ballet Barre Fitness Clara
- 16:45-17:45 Hip Hop Basics Aaron
- 15 MIN
- 18:00-19:00 Lyrical Jazz I Deniz
- 15 MIN
- 19:15-20:15 Tone & Stretch Deniz

Saal 2
- 09.30-10:00 Cardio MatWork Clara
- 11:30-12:30 Zeitgenöss. Ballett II Gaetano
- 17:00-17:30 Ballett 4-7J.
- 19:00-20:00 Yoga Flow Intense Daniela M.
- 30 MIN
- 20:30-21:30 Good Night Yoga Flow Daniela M.

Wochenende im Studio One

Samstag

Saal 1
- 09:35-10:05 Weekend Stretch Daniela M.
- 15 MIN
- 10:15-11:15 Yoga Flow Sanft Daniela M.
- 12:15-13:15 Ballett Basics Benjamin
- 15 MIN
- 13:30-14:30 Jazz I Benjamin
- 18:00-19:00 Lyrical Jazz I Mathias

Saal 2
- 09:45-10:45 Urban Dance Fitness Alexia
- 15 MIN
- 11:00- 11:45 Booty Burn Thomas
- 15 MIN
- 12:00-12:30 hard CORE Thomas
- 18:30-19:30 Ballet Barre Fitness Caro

Saal 3
- 09:00-10:00 Ballet Barre Fitness abwechselnd

Sonntag

Saal 1
- 10:00-11:00 Barre Fitness & Stretch Lara
- 15 MIN
- 11:15-12:15 Strong Lara
- 15:45-16:45 Basic Tech. Jazz Chris
- 30 MIN
- 17:15-18:00 Piloxing Jürgen

Saal 2
- 09:30-10:30 Jivamukti Yoga Medium Jasmin J.
- 14:30-15:30 Ballett GK Ina
- 15 MIN
- 16:00-17:00 Tone & Stretch Ina
- 18:15-19:15 Ballet Barre Fitness Clara

Saal 3
- 17:00-18:00 Yoga Flow Medium Therese

S1 STUDIO one tanz & yoga

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