

STUDIO ONE KURSPLAN

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

Vormittagsprogramm (8-13 Uhr)

Wochenende im Studio One

Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
Saal 1	Saal 2	Onlinekurs	Saal 1	Saal 2	Onlinekurs	Saal 1	Saal 2	Onlinekurs	Saal 1	Saal 2	Onlinekurs	Saal 1	Saal 2	Onlinekurs	Saal 1	Saal 2	Onlinekurs	Saal 1	Saal 2	Onlinekurs
08:15-09:15 Functional & Stretch Lara	15 MIN 09:30-10:30 Yoga Fokus Rücken Marion		09:00-10:00 Pilates Jade	15 MIN 09:15-10:15 Rückbildungskurs Clara		09:15-10:15 Yoga Dance Jack	09:00-10:00 Yoga für Schwangere Therese		09:00-10:00 Ballett Barre Fitness Melissa			09:00-10:00 Jivamukti Yoga Intense Alex			09:00-10:00 Ballett Barre Fitness Alexia	15 MIN 09:45-10:45 Urban Alexia		15 MIN 10:00-11:00 Barre & Stretch Lara	15 MIN 09:30-10:30 Jivamukti Yoga Medium Jasmin J.	
10:45-11:45 Zeitgenöss. Ballett II Daniela G.	10:45-11:45 MB Barre Fitness / ab 05.10. Caro		10:15-11:15 Modern II Volker	15 MIN 10:30-11:30 Ballett Barre Fitness Caro		11:30-12:30 Jazz II Volker	11:15-12:15 Rückbildungskurs Jasmin AM.		10:15-11:15 Yoga Flow Medium Daniela M.	10:15-11:15 Functional Yoga ab 8.10. Melissa		10:15-11:15 Zumba Ecaterina	15 MIN 10:45-11:45 Rückbildungskurs Clara		10:15-11:15 Yoga Flow Sanft Daniela M.	15 MIN 11:00-12:00 Dance Alexia		15 MIN 11:30-12:30 Ballett II Alexander	15 MIN 11:15-12:15 Strong Lara	
12:00-13:00 Modern II Daniela G.			11:30-12:30 Jazz II Volker	15 MIN 11:45-12:45 Therasports MB (ab 06.10.) Clara		12:00-13:00 Lunch Yoga Flow Julia	12:30-13:30 MB Barre Fitness / ab 04.11. Jasmin AM.		12:00-13:00 Lunch Salsation Federica			12:00-13:00 Lunch Ballet Barre Fitness Clara	15 MIN 14:30-15:30 Ballett 7-10J. Zahra		12:00-13:00 Lunch Ballet Barre Fitness Clara	15 MIN 12:15-13:15 Burlesque Alexia		15 MIN 12:45-13:45 Contemporary Jazz II Maxi	15 MIN 13:30-14:30 Jazz I Benjamin	
15:45-16:45 Jazz Funk Teens 11-15 Alexia	15 MIN 16:15-17:00 Ballett 4-6J. Lara		15:00-15:45 HipHop 6-9J. Anissa	15 MIN 16:00-16:45 HipHop 4-6J. Anissa		15:45-16:45 Junior Hip Hop 7-11J. Alina	16:00-16:45 Ballett 4-6J. Lara		15:30-16:15 Hip Hop 4-6 Domi	16:15-17:15 Ballett GK-I Jade		16:45-17:45 Hip Hop Teens 11-15 Aaron	15 MIN 16:45-17:30 Ballett 4-6J. Zahra		15:30-16:30 Ballett 10-14 Zahra	15 MIN 13:30-14:30 Jazz I Benjamin		14:00-15:00 Jivamukti Yoga Intense Jasmin J.	14:30-15:30 Ballett GK Ina	
17:00-18:00 Dancehall Alexia	15 MIN 17:15-18:15 Zumba Hip Hop Thomas		16:45-17:45 Hip Hop Teens 11-15J. Prince	15 MIN 17:00-18:00 Ballett Barre Fitness Jasmin A.M.		17:00-18:00 Ballett Barre Fitness Lara	17:15-18:15 Contemporary Jazz I-II Maxi		16:30-17:30 Modern Jazz Teens 11-15 Domi	17:30-18:30 Pilates Jade		17:45-18:45 Zumba HipHop Thomas	15 MIN 17:45-18:45 Ballett I-II Benjamin		16:45-17:45 Hip Hop Teens 11-15 Aaron	15 MIN 17:45-18:45 Ballett I-II Benjamin		15 MIN 17:15-18:15 Physio Flow Yoga Medium Eva	15 MIN 17:00-18:00 Piloxing Anissa	
18:15-19:15 Inside Flow Yoga Julia M.	15 MIN 18:30-19:30 Ballett I-II Laura		18:00-19:00 Jazz II Volker	15 MIN 18:15-19:15 Zumba Ecaterina	18:15-19:15 Schwangeren-yoga Therese	18:15-19:15 Yoga Flow Basic Steven	18:30-19:30 Salsation Federica		17:45-18:45 Zumba HipHop Thomas	15 MIN 18:45-19:45 Yoga Flow Medium Jack		18:00-19:00 Modern II Maxi	15 MIN 19:00-20:00 Lyrical Jazz I Deniz		18:00-19:00 Modern II Maxi	15 MIN 19:00-20:00 Yoga Flow Intense Daniela M.		15 MIN 17:15-18:15 Physio Flow Yoga Medium Eva	15 MIN 18:15-19:15 Ballett Barre Fitness Clara	
19:30-20:30 Burlesque Jazz Ninosch	15 MIN 19:45-20:45 Modern II Pedro		19:15-20:15 Modern I-II Volker	15 MIN 19:30-20:30 Modern II-III Mathias		19:30-20:30 HipHop I Maja	19:45-20:45 Ballett II-III Natalia		19:00-20:00 Female Street Jazz Prince	15 MIN 20:00-21:00 Lyrical Jazz Fusion II Ninosch		19:15-20:15 Lyrical Jazz I Deniz	15 MIN 20:15-21:15 Ballett Barre Fitness Prince	20:30-21:30 Tone & Stretch Deniz	20:30-21:30 Ballett Barre Fitness Prince	20:30-21:30 Yoga Flow Daniela M.		15 MIN 18:30-19:30 Basic Tech. Jazz Chris S.	15 MIN 18:15-19:15 Ballett Barre Fitness Clara	
20:45-21:45 Jazz Basics Joey	15 MIN 21:00-22:00 Ballet Barre Fitness Anissa		20:30-21:30 Jivamukti Yoga Basic Jasmin	15 MIN 20:45-21:45 Ballett GK Christopher		20:45-21:45 Lyrical Jazz I Mathias	21:00-22:00 Commercial Jazz II Deniz		20:15-21:15 Dancehall Alexia	21:15-22:15 Modern Basic Ninosch		20:15-21:15 Lyrical Jazz Fusion II Ninosch	15 MIN 21:15-22:15 Modern Basic Ninosch	20:30-21:30 Tone & Stretch Deniz	20:30-21:30 Ballett Barre Fitness Prince	20:30-21:30 Yoga Flow Daniela M.		15 MIN 18:30-19:30 Basic Tech. Jazz Chris S.	15 MIN 18:15-19:15 Ballett Barre Fitness Clara	

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

