

LOCKDOWN-ONLINE-KURSPLAN (WINTER 2020/2021)

MUTTER & KIND

BODY, MIND & YOGA

BALLETT

JAZZ DANCE

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	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
08:15-09:15 Functional & Stretch Lara	09:30-10:30 Yoga Fokus Rücken Marion		09:00-10:00 Pilates Jade	09:15-10:15 Rückbildungskurs Clara 15 MIN		09:15-10:15 Yoga Dance Jack	09:00-10:00 Yoga für Schwangere Therese	07:15-08:15 Early Bird Yoga Therese		09:00-10:00 Ballet Barre Fitness Melissa		09:00-10:00 Jivamukti Yoga Intense Alex			09:00-10:00 Ballet Barre Fitness abwechselnd 15 MIN	09:45-10:45 Urban Dance Fitness Alexia 15 MIN			09:30-10:30 Jivamukti Yoga Medium Jasmin J.	
10:45-11:45 Zeitgenöss. Ballett II Daniela G.				10:30-11:30 Ballet Barre Fitness Caro					10:15-11:15 Yoga Flow Medium Daniela M.			10:30-11:30 Rückbildungskurs Clara 30 MIN	10:15-11:15 Zumba Ecaterina 15 MIN		10:15-11:15 Yoga Flow Sanft Daniela M.	11:00-12:00 Booty Burn Thomas 15 MIN			10:00-11:00 Barre Fitness & Stretch Lara 15 MIN	
						12:00-13:00 Lunch Yoga Flow Julia						12:00-13:00 Lunch Ballet Barre Fitness Clara				11:30-12:30 Zeitgenöss. Ballett II Gaetano			11:15-12:15 Strong Lara	
				16:00-16:45 HipHop 4-6J. Anissa																
17:00-18:00 Dancehall Alexia 15 MIN	17:15-18:15 Zumba Hip Hop Thomas						16:30-17:00 Ballett 4-6J. 45 MIN		16:30-17:30 ModernJazz Teens 11-15 Domi 15 MIN			16:45-17:45 Hip Hop Basics Aaron 15 MIN		17:00-17:30 Ballett 4-7J.						14:30-15:30 Ballett GK Ina
18:15-19:15 Inside Flow Yoga Julia M. 15 MIN	18:30-19:30 Ballett I-II Laura	18:00-19:00 Pilates Pedro 15 MIN	18:00-19:00 Ballet Barre Fitness Jasmin A.M. 15 MIN	18:15-19:15 Zumba Ecaterina 15 MIN	18:15-19:15 Schwangeren-yoga Therese	17:15-18:15 Ballet Barre Fitness Lara 15 MIN	17:30-18:30 Zumba Thomas 15 MIN	17:30-18:30 Contemporary Jazz WarmUp II Deniz	17:30-18:30 Zumba HipHop Thomas 15 MIN	17:30-18:30 Pilates Jade 15 MIN		18:00-19:00 Lyrical Jazz I Deniz 15 MIN			18:30-19:30 Ballet Barre Fitness Caro				15:45-16:45 Basic Tech. Jazz Chris	16:00-17:00 Tone & Stretch Ina 15 MIN
19:30-20:30 Burlesque Jazz Ninosch	19:45-20:45 Ballet Barre Fitness Anissa	19:15-20:45 Yin Yang Yoga Daniela M.	19:15-20:15 Jivamukti Yoga Basic Jasmin J. 15 MIN	19:30-20:30 Modern II-III Mathias		18:30-19:30 Yoga Flow Basic Steven	18:45-19:45 Ballett II-III Natalia 15 MIN		18:45-19:30 Booty Burn Thomas	18:45-19:45 Yoga Flow Medium Jack 15 MIN	18:30-19:30 Yoga Flow on Beat Beg. Julia M. 15 MIN	19:15-20:15 Tone & Stretch Deniz	19:00-20:00 Yoga Flow Intense Daniela M.						17:15-18:15 Piloxing Anissa & Jürgen	17:00-18:00 Yoga Flow Medium Therese 15 MIN
			20:30-21:30 Ballett GK Christopher			20:00-21:00 Lyrical Jazz I Mathias	20:00-20:45 HipHop Choreo Maja		15 MIN 20:15-21:15 Dancehall Alexia	20:00-21:00 Female Street Jazz Prince	19:45-20:45 Yin Yoga Julia M.			20:30-21:30 Good Night Yoga Flow Daniela M.						18:15-19:15 Ballet Barre Fitness Clara



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