

# KURSPLAN

## Morning/Lunch-Programm (07:00-13:00 Uhr)

| Montag   |  |   |   |   | Dienstag  |  |  |   | Mittwoch |   | Donnerstag                                       |  | Freitag   |  | Samstag |        | Sonntag |        |  |
|--|--|---|---|---|---|--|--|---|----------|---|--|--|---|--|---------|--------|---------|--------|--|
| Saal 1   | Saal 2   | Saal 1  | Saal 2  |   | Saal 1  | Saal 2   | Saal 1   | Saal 2                                      | Saal 1   | Saal 2  | Saal 1   | Saal 2   | Saal 1  | Saal 2   | Saal 1  | Saal 2 | Saal 1  | Saal 2 |  |
| 07:00-07:45<br><b>BARRE meets PILATES</b><br>Lara <b>NEU</b> | 09:00-10:00<br><b>DEEP WORK</b><br>Julia A.    | 09:00-10:00<br><b>PILATES</b><br>Jade                   | 09:00-10:00<br><b>SCHWANGEREN-YOGA</b><br>Kathi | <b>NEU</b><br>09:30-10:45<br><b>BALLETT BASICS</b><br>André | 09:00-10:00<br><b>BAUCH &amp; BOOTY</b><br>Anissa       | 09:00-10:00<br><b>FUNCTIONAL FIT</b><br>Chris <b>NEU</b> | 09:00-10:00<br><b>YOGA meets WORKOUT</b><br>Jasmin | 09:00-10:00<br><b>YOGA FLOW</b><br>Alex     |          | 09:35-10:35<br><b>BARRE FITNESS</b><br>Jasmin | 09:25-09:55<br><b>STRETCH</b>                    | 09:25-10:25<br><b>BARRE FITNESS</b><br>abwechselnd | 09:45-10:45<br><b>BARRE FITNESS &amp; STRETCH</b><br>Lara       | 09:30-10:45<br><b>HATHA VINYASA YOGA MEDIUM</b><br>Mimi R. |         |        |         |        |  |
| 09:00-09:45<br><b>PILATES</b><br>Lara                        | 10:15-11:30<br><b>BALLETT II</b><br>Daniela G. | 10:15-11:15<br><b>BARRE FITNESS</b><br>Amelie           | 10:15-11:15<br><b>YOGA FLOW</b><br>Kathi        | 10:10-10:55<br><b>MOBILITY &amp; STRETCH</b><br>Anissa      | 10:15-11:15<br><b>Mami Baby BARRE FITNESS</b><br>Anissa | 10:15-11:15<br><b>YOGA FLOW</b><br>Daniela M.            |  | 10:15-11:30<br><b>BALLETT II</b><br>Gaetano |          | 10:45-11:45<br><b>RÜCK-BILDUNG</b><br>Jasmin  | 10:00-11:15<br><b>YOGA FLOW SANFT</b><br>Larissa | 10:30-11:30<br><b>POWER STRETCH</b><br>Gaetano     | 11:00-12:00<br><b>PILOXING</b><br>Anissa                        | 11:00-12:00<br><b>PILATES</b><br>Lara                      |         |        |         |        |  |
| 10:00-11:00<br><b>YOGA FLOW</b><br>Steven <b>NEU</b>         |  | 11:30-12:30<br><b>Mami Baby BARRE FITNESS</b><br>Amelie |   | 10:50-11:50<br><b>RÜCK-BILDUNG</b><br>Jasmin                | 11:00-12:15<br><b>BALLETT I-II</b><br>Ilia              | 11:20-12:35<br><b>BALLETT I-II</b><br>Yevgenij           |  |   |          |   | 11:35-12:50<br><b>BALLETT II</b><br>Alexander    | 11:35-12:50<br><b>BALLETT BASICS</b><br>Gaetano    | 12:10-12:55<br><b>MOBILITY&amp;STRETCH</b><br>Anissa <b>NEU</b> | 12:10-13:10<br><b>PILATES</b><br>Lisa                      |         |        |         |        |  |

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

|  |   |   |   |  |   |   |   |   |   |  |                                |   |  |   |  |  |  |  |  |
|--|---|---|---|--|---|---|---|---|---|--|--------------------------------|---|--|---|--|--|--|--|--|
|  | 15:30-16:15<br><b>HIPHOP 3-5J.</b><br>Paulinn   | 15:30-16:15<br><b>BALLETT 3-6J.</b><br>Paulinn      | 15:30-16:15<br><b>HIPHOP 6-8</b><br>Domi          |  | 15:40-16:25<br><b>JAZZ FUNK 9-12J.</b><br>Domi          | 15:30-16:15<br><b>BALLETT 5-7J.</b><br>Viola              |   | 15:20-16:05<br><b>BALLETT 7-9J.</b><br>Viola  | 15:00-16:00<br><b>BREAKDANCE ab 11J.</b><br>Vladi   |  | Ab 14:30<br><b>AERIAL YOGA</b> | 14:30-15:30<br><b>BODY PUMP</b><br>Chris  | 14:30-15:45<br><b>BALLETT I-II</b><br>Nina       | ab 13:30<br><b>AERIAL YOGA</b>                    |  |  |  |  |  |
| 15:40-16:25<br><b>BALLETT 3-5J.</b><br>Nina B.     | 16:15-17:00<br><b>HIPHOP 4-6J.</b><br>Paulinn   | 16:00-16:45<br><b>HIPHOP 9-12J.</b><br>Domi         | 16:20-17:05<br><b>HIPHOP 3-6J.</b><br>Paulinn     | 16:20-17:05<br><b>HIPHOP 8-11</b><br>Domi          | 16:30-17:30<br><b>JAZZ FUNK ab 13J.</b><br>Domi         | 16:25-17:25<br><b>BARRE FITNESS &amp; STRETCH</b><br>Jade |   | 16:15-17:00<br><b>BALLETT 4-6J.</b><br>Viola  | 16:00-16:45<br><b>BREAKDANCE ca.7-10J.</b><br>Vladi |  | <b>RESTORATIVE AERIAL</b>      |   | 16:00-17:00<br><b>TONE &amp; STRETCH</b><br>Nina | 15:45-17:00<br><b>LYRICAL JAZZ II</b><br>Giovanni |  |  |  |  |  |
| 16:30-17:15<br><b>BALLETT 5-7J.</b><br>Nina B.     | 17:05-18:05<br><b>DANCEHALL</b><br>Aaron        | 16:50-17:50<br><b>FEMALE HIPHOP ab 13J.</b><br>Domi | 17:10-18:10<br><b>BARRE FITNESS</b><br>Jasmin     | 17:10-18:20<br><b>CONTEMP. JAZZ I-II</b><br>Maxi   | 17:15-18:15<br><b>BODY BOOM</b><br>Lara                 | 17:35-18:35<br><b>PILATES BASIC</b><br>Jade               | 17:35-18:35<br><b>DANCE JAM</b><br>Viola                | 17:15-18:30<br><b>BALLETT I-II</b><br>Ben     | 16:50-17:50<br><b>HIP HOP ALL LEVELS</b><br>Aaron   |  |                                | 16:35-17:50<br><b>MODERN I</b><br>Mathias | 17:15-18:15<br><b>YOGA BASICS</b><br>Vanessa     | 17:10-18:25<br><b>JAZZ BASICS</b><br>Caro A.      |  |  |  |  |  |
| 17:30-18:15<br><b>HIT</b><br>Anissa <b>NEU</b>     | 18:10-19:25<br><b>BALLETT I-II</b><br>Laura     | 18:00-19:10<br><b>JAZZ II</b><br>Mathias            | 18:15-19:15<br><b>POWER MOVES</b><br>Lexi         | 18:25-19:35<br><b>YOGA FLOW BASIC</b><br>Kathi     | 18:25-19:25<br><b>BALLETT I-II</b><br>Thierry           | 18:45-19:35<br><b>PILOXING</b><br>Anissa                  | 18:40-19:40<br><b>FEMALE STREET JAZZ</b><br>Prince      | 18:35-19:35<br><b>BARRE FITNESS</b><br>Chris  | 18:00-19:10<br><b>MODERN II</b><br>Maxi             |  | Termine online                 |   | 18:15-19:30<br><b>LYRICAL JAZZ I</b><br>Mathias  | 18:30-19:45<br><b>HIP HOP ALL LEVELS</b><br>Aaron |  |  |  |  |  |
| 18:25-19:25<br><b>INSIDE FLOW YOGA</b><br>Julia M. | 19:30-20:40<br><b>BURLESQUE JAZZ</b><br>Ninosch | 19:15-20:25<br><b>MODERN I-II</b><br>Dani M.        | 19:20-20:35<br><b>MODERN II-III</b><br>Mathias    | 19:40-20:40<br><b>HIP HOP ALL LEVELS</b><br>Maja   | 19:30-20:45<br><b>BALLETT II-III</b><br>Natalia         | 19:45-20:45<br><b>DANCEHALL FUSION</b><br>Lexi            | 19:45-20:55<br><b>LYRICAL JAZZ FUSION II</b><br>Ninosch | 19:40-20:40<br><b>BALLETT BASICS</b><br>Chris | 19:15-20:30<br><b>YOGA MEDIUM</b><br>Daniela M.     |  |                                |   |  |   |  |  |  |  |  |
| 20:45-22:00<br><b>JAZZ BASICS</b><br>Domi          | 20:50-21:50<br><b>BARRE FITNESS</b><br>Anissa   | 20:30-22:00<br><b>BALLETT BASICS</b><br>Viktoria    | 20:45-22:00<br><b>YOGA FLOW BASICS</b><br>Carolin | 20:45-22:00<br><b>LYRICAL JAZZ I-II</b><br>Mathias | 20:50-21:50<br><b>BURLESQUE JAZZ</b><br>Lexi <b>NEU</b> | 21:00-22:15<br><b>MODERN BASICS</b><br>Ninosch            | 21:00-22:00<br><b>AFRO-FUSION</b><br>Afrogyal           | 20:45-22:00<br><b>JAZZ BASICS</b><br>Giovanni | 20:35-21:35<br><b>GOOD NIGHT YOGA</b><br>Daniela M. |  |                                |   |  |   |  |  |  |  |  |

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