

Bitte zu den Kursen saubere Trainingsschuhe mitbringen (keine Outdoor-Schuhe) !

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
15.00 - 16.00		9.45 - 10.45	11.00 - 11.45	9.00 - 10.00	10.15 - 11.00	9.00 - 10.00	10.15 - 11.15		
KINDER TANZ ab 3 J. Nadine (K)		PILATES Stufe 1+2 Gaby (E)	Z U M B A Fitness Gaby (E)	PILATES Stufe 1+2 Gaby (E)	Start: 17.10. (9 x) PILATES "Mami's" Gaby (E)	PILATES Stufe 2 Gaby (E)	Z U M B A Fitness Chari (E)		
16.00 - 17.00			15.15 - 16.15 In Planung ! DANCE MIX ab 5 J. Chari (K)					15.00 - 16.00	
BALLETT "Spitze" Nadine (T)								KINDER TANZ ab 6 J. Nadine (K)	
17.00 - 18.00		15.45 - 16.45	16.15 - 17.00	16.00 - 16.45	15.30 - 16.15	16.00 - 17.00		16.00 - 17.00	
BALLETT Einsteiger Nadine (K)		DANCE MIX ab 7 J. Gaby (K)	KINDER TANZ ab 3 J. Chari (K)	Start: 17.10. HIP HOP 7 - 10 J. Alice (K)	ZUMBA Kids 7 - 10 J. Viktoriiia (K)	DANCE MIX ab 4 J. Chari (K)		BALLETT Kids Nadine (K)	
18.00 - 19.00	17.00 - 18.00	18.00 - 19.00	17.00 - 18.00	16.50 - 17.50	16.15 - 17.00	17.00 - 18.00	17.30 - 18.15	17.00 - 18.00	
BODY STYLING Nadine (E)	HIP HOP ab 13 J. Gaby (T)	Y O G A Claudia (E)	HIP HOP ab 10 J. Chari (K)	Start: 17.10. HIP HOP 11 - 14 J. Alice (K)	ZUMBA Kids ab 11 J. Viktoriiia (K)	DANCE MIX ab 8 J. Chari (K)	(10 x) Z U M B A Fitness Gaby (E)	BALLETT Mittelstufe Nadine (K)	
19.15 - 20.15	18.00 - 18.45	19.00 - 20.00	18.15 - 19.15	18.00 - 19.00	17.50 - 18.50	18.15 - 19.15	18.30 - 19.30	18.00 - 19.00	18.15 - 19.15
Z U M B A Fitness Nadine (E)	Z U M B A Fitness Gaby (T)	Y O G A Claudia (E)	Derzeit voll ! PILATES Stufe 1+2 Gaby (E)	Z U M B A Fitness Chari (E)	Derzeit voll ! PILATES Stufe 1 Gaby (E)	BODY WORK Chari (E)	Derzeit voll ! PILATES Stufe 1+2 Gaby (E)	BALLETT alle Stufen Nadine (E)	A R O H A Dieter (E)
	19.15 - 20.00	20.15 - 21.15	19.15 - 20.00	19.00 - 20.00	19.00 - 20.00	19.30 - 20.30	19.45 - 20.45	19.00 - 20.00	
	Start: 15.10. (5 x) P I L A T E S "Schwangere" Gaby (E)	Derzeit voll ! Z U M B A Fitness Chari (E)	Start: 16.10. (10 x) P I L A T E S "Männer" Gaby (E)	Start: 17.10. HIP HOP ab 15 J. Alice (T+E)	PILATES Stufe 2/3 Gaby (E)	Z U M B A Fitness Chari (E)	JAZZ DANCE Choreografie Gaby (E)	BALLETT "Spitze" Nadine (E)	