

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		
KINDERTANZ ab 3 J. Nadine (K)		PILATES Gaby (E)	ZUMBA Fitness Kein Springen + Hüpfen Gaby (E)	PILATES Gaby (E)	10 x PILATES "Mami's" Gaby (E)	PILATES Gaby (E)	ZUMBA Fitness Chari (E)		
16.00 - 17.00			15.15 - 16.15					15.00 - 16.00	
BALLETT "Spitze" Nadine (T)			DANCE MIX ab 5 J. Chari (K)					KINDERTANZ ab 6 J. Nadine (K)	
17.00 - 18.00	16.50 - 17.50	15.45 - 16.45	16.15 - 17.00	16.00 - 16.45	15.30 - 16.15	16.00 - 17.00		16.00 - 17.00	16.00 - 16.45
BALLETT Einsteiger Nadine (K)	VideoClip ab 12 J. Gaby (T)	DANCE MIX ab 7 J. Gaby (K)	KINDERTANZ ab 3 J. Chari (K)	HIP HOP 7 - 10 J. Alice (K)	ZUMBA Kids 7 - 10 J. Viktorii (K)	DANCE MIX ab 4 J. Chari (K)		Derzeit voll BALLETT Minis Nadine (K)	KINDERTANZ ab 3 J. Kristina (K)
18.00 - 19.00	18.00 - 18.45	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	17.00 - 18.00
BODY STYLING Nadine (E)	ZUMBA Fitness Gaby (T)	YOGA Claudia (E)	HIP HOP ab 10 J. Chari (K)	HIP HOP 11 - 14 J. Alice (K)	ZUMBA Kids ab 11 J. Viktorii (K)	DANCE MIX ab 8 J. Chari (K)	Derzeit voll 10 x ZUMBA Fitness Gaby (E)	BALLETT Mittelstufe Nadine (K)	HIP HOP ab 9 J. Kristina (K)
19.10 - 20.10	19.15 - 20.00	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
ZUMBA Fitness Nadine (E)	Start: 4.3. 6 x PILATES "Schwangere" Gaby (E)	YOGA Claudia (E)	Derzeit voll PILATES Gaby (E)	ZUMBA Fitness Jessica (E)	Derzeit voll PILATES Stufe 1 Gaby (E)	BODY WORK Chari (E)	PILATES Gaby (E)	BALLETT alle Stufen Nadine (E)	AROHA Dieter (E)
		20.15 - 21.15	19.15 - 20.00	19.00 - 20.00	19.00 - 20.00	19.30 - 20.30	19.45 - 21.00	19.00 - 20.00	
		ZUMBA Fitness Chari (E)	Derzeit voll 10 x PILATES "Männer" Gaby (E)	HIP HOP ab 15. plus Alice (T+E)	Derzeit voll PILATES Gaby (E)	ZUMBA Fitness Chari (E)	JAZZ VideoClip Choreografie Gaby (E)	BALLETT "Spitze" Nadine (E)	