

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

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
15.00 - 16.00	14.45 - 15.45	9.45 - 10.45		9.00 - 10.00	10.15 - 11.00	9.00 - 10.00	10.15 - 11.15		
KINDER TANZ ab 3 J. Nadine (K)	NEU Start: 19.8. BREAK DANCE ab 6 Jahre Tors10 (K)	PILATES Gaby (E)		PILATES Gaby (E)	Start: 21.8. 10 x PILATES "nach Rückbildung" Gaby (E)	PILATES Gaby (E)	ZUMBA Fitness Chari / Greta (E)		
	16.00 - 17.00		15.45 - 16.45		11.00 - 11.45			15.15 - 16.15	
BALLETT "Spitze" Nadine (T)	NEU Start: 19.8. BREAK DANCE ab 10 Jahre Tors10 (K)	ZUMBA Fitness Gaby (E)	DANCE MIX ab 6 J. Chari / Gaby (K)					MODERN Dance ab 7 J. Nadine (K)	
17.00 - 18.00	16.45 - 17.45		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)	Hip Hop ab 12 J. Gaby (T)		Dance Mix ab 5 J. Chari / Gaby (K)	HIP HOP 7 - 10 J. Alice (K)	ZUMBA Kids 7 - 10 J. Gaby (K)	DANCE MIX ab 4 J. Chari / Sandra (K)		BALLETT Minis Nadine (K)	10 x ab 6.9. MAMA + Kind ab 2,5 J. Claudia (K)
18.00 - 19.00	18.00 - 19.00	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	17.00 - 18.00
BODY STYLING Nadine (E)	NEU Start: 2.9. 10 x PILATES Gaby (E)	YOGA Claudia (E)	HIP HOP ab 9 J. Chari / Gaby (K)	HIP HOP 11 - 14 J. Alice (K)	ZUMBA Kids ab 11 J. Jessica (K)	DANCE MIX ab 8 J. Chari / Sandra (K)	Start: 22.8. 10 x ZUMBA Fitness Gaby (E)	BALLETT Mittelstufe Nadine (K)	HIP HOP ab 9 J. Gaby (K)
	19.10 - 20.10		19.15 - 20.00				19.00 - 20.00		
ZUMBA Fitness Nadine (E)	Start: 19.8. 7 x PILATES "Schwangere" Gaby (E)	YOGA Claudia (E)	PILATES Gaby (E)	ZUMBA Fitness Jessica (E)	PILATES Gaby (E)	BODY WORK Chari / Silke (E)	PILATES Gaby (E)	BALLETT 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 / Simone (E)	Start: 20.8. 10 x PILATES "Männer" Gaby (E)	HIP HOP ab 15 J. Alice (T+)	PILATES Gaby (E)	ZUMBA Fitness Chari / Gerlind (E)	JAZZ VideoClip Choreografie Gaby (E)	BALLETT "Spitze" Nadine (E)	