



gültig ab Oktober 2024

	TANZRAUM	FITNESSRAUM	POLERAUM
<b>MONTAG</b>		09:30 Pump	
	15:30 Kindertanz ab 3 J.	15:30 -	16:00 Aerialkids Beginner
	16:30 Zumba Kids ab 5 J.	16:30 -	17:00 Aerial Teens Beginner
	17:30 Reformer-Pilates (Workshop)	17:30 Yogilates	18:00 Pole Intermediate
	18:30 Zumba	18:30 Pump	19:00 Pole Beginner 1
	20:00 Commercial ab 16 J.	19:30 -	20:00 Pole Beginner 3
	21:00 -	20:30 -	21:00 Pole Beginner 2
<b>DIENSTAG</b>	15:30 -	15:30 -	15:30 Kraftzwerge ab 5 J.
	16:30 HipHop Kids ab 6 J.	16:30 Bungee Kids ab 6 J.	16:30 Polekids Intermediate ab 10 J.
	17:30 Reformer-Pilates (Workshop)	17:30 Bungee Fitness Einsteiger	17:30 Polekids Beginner 2 ab 8 J.
	18:30 Dancehall ab 8 J.	18:30 Functional Kettle	18:30 Pole Exotic
	19:30 HipHop Beginner ab 18 J.	19:30 Reformer-Pilates (Workshop)	19:30 Pole Beginner 2
	20:30 Dancehall ab 18 J.	20:30 -	20:30 Aerial Hoop ab 16 J.
<b>MITTWOCH</b>		09:30 Zumba	
	16:00 -	16:00 -	16:00 Kraftzwerge ab 5 J.
	17:00 Reha Sport	17:00 Bungee Fitness Einsteiger	17:00 freies Training Pole
	18:00 Zumba	18:00 Bungee Fitness All Level	18:00 Pole Beginner 2
	19:00 Pilates	19:00 Bungee Fitness All Level	19:00 Pole All Levels
	20:00 -	20:00 Reformer-Pilates (Workshop)	20:00 Pole Beginner 0
<b>DONNERSTAG</b>		11:00 Aerial Yoga	
	15:30 -	15:30 -	15:30 Kraftzwerge ab 2 J. (Warteliste)
	16:30 TikTok Dance ab 8 J.	16:30 Bungee Kids ab 6 J.	16:00 -
	17:30 -	17:30 Reformer-Pilates (Workshop)	17:30 Stretching
	18:30 Lady Style	18:30 Highrox	18:30 Pole Beginner All Levels
	19:30 HipHop Advanced ab 16 J.	19:30 -	19:30 Pole Choreo Einsteiger
	20:30 Synergy	20:30 -	20:30 freies Training
<b>FREITAG</b>		10:00 Reformer-Pilates (Workshop)	
	15:00 -	15:30 Ballett ab 3 J.	15:00 Aerial Zwerge ab 5 J.
	16:30 Wirbelsäulengymnastik	16:30 Ballett ab 6 J.	16:00 Aerial Teens Beginner 1 ab 10 J.
	17:30 Zumba	17:30 Discofox All Level (Workshop)	17:00 Aerialkids/Teens Intermediate ab 8 J.
	18:30 Contemporary ab 16 J.	18:30 offenes Tanzen	18:00 Aerial Hoop ab 16 J.
	19:30 Aerial Yoga	19:30 -	19:00 Aerial Silk ab 16 J.
<b>SAMSTAG</b>			09:30 Pole Beginner 0 - 2
			10:30 Pole ab Beginner 3 / Intern.
			12:00 Privatstunde / Workshops
<b>SONNTAG</b>	12:30 Synergy (bis 14:30)	10:30 Zumba	10:30 freies Training (bis 11:30)
			12:30 freies Training (bis 14:30)

Kursdauer: Fitnesskurse 50 min.  
Tanzkurse, Zumba 55 min.  
Poledance, Aerial 55 min.

**Step Up**  
**Dance, Pole & Fitness**  
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