

KURS-PLAN

gültig ab 13.05.2024

| | MONTAG | | | DIENSTAG | | MITTWOCH | | |
|-------|--------------|-------------|----------|------------|-------------|-------------------|-----------------|--------------|
| 9:30 | | | | 9:30 | | | | |
| 10:00 | | | | MamiFit | | | | |
| 11:00 | | | | 10:30 | | | | |
| 12:00 | | | | Zumba Gold | | | | |
| | | | | 11:30 | | | | |
| | | | | Pilates | | | | |
| 15:00 | 15:00 | | | | | | | |
| | Eltern-Kind | | | | | | | |
| | (ab 2 J.) | | | | | | | |
| 16:00 | 16:00 | | | 16:00 | | 16:00 | 16:15 | |
| | Kindertanzen | | | Hip-Hop | | Ballett (ab 3J.) | Zumba Kids | |
| | (ab 3 J.) | | | (ab 8 J.) | | | (ab 6 J.) | |
| 17:00 | 17:00 | 17:00 | 17:00 | 17:00 | 17:00 | 16:45 | 17:15 | |
| | Kindertanzen | JumpingKids | Faszien- | Hip-Hop | JumpingKids | Ballett (ab 5 J.) | Jazz- u. Modern | |
| | (ab 5 J.) | (ab 7 J.) | Yoga | (ab 12 J.) | (ab 8 J.) | | (ab 8 J.) | |
| 18:00 | 18:15 | 18:15 | | 18:00 | 18:00 | 17:30 | 18:15 | 18:15 |
| | Zumba | Yoga | | Hip-Hop | Linedance | Ballett (ab 7 J.) | Zumba | Hurra, wir |
| | | | | (ab 15 J.) | Anfänger | | | heiraten |
| 19:00 | | | | 19:00 | 19:00 | | 19:15 | |
| | | | | Burlesque | Linedance | | Pilates | |
| | | | | Club | | | | |
| 20:00 | 19:30 | | | | 18:00 | 19:30 | 20:15 | 20:15 |
| | Platin | | | | Linedance | Platin | Latin Solo | Salsa/Latino |
| | | | | | Pro | | Dance | |
| 21:00 | | | | | | | | |
| 22:00 | | | | | | 21:00 | | |
| | | | | | | Gold | | |

| | DONNERSTAG | | | FREITAG | | SAMSTAG | | SONNTAG | |
|-------|------------------|---------------|------------|-----------|----------------|------------|------------|------------|----------|
| 10:00 | | 10:00 | | | 10:00 | | | | |
| | | Eltern-Kind | | | Jumping | | | | |
| 11:00 | | | | | | 11:00 | 11:00 | 11:00 | |
| | | | | | | Breakdance | Commercial | Zumba | |
| | | | | | | (ab 6 J.) | Hiphop | | |
| 12:00 | | | | | | 12:00 | | 12:00 | |
| | | | | | | Breakdance | | Linedance | |
| | | | | | | (ab 9 J.) | | | |
| 14:00 | | | | | | | | | |
| 15:00 | 15:00 | | | | | | | | |
| | Eltern-Kind | | | | | | | | |
| | (ab 2 J.) | | | | | | | | |
| 16:00 | 16:00 | 16:00 | | 16:00 | 16:00 | | | 16:00 | 16:15 |
| | Kindertanzen | JumpingKids | | Videoclip | JumpingKids | | | Welttanz- | DiscoFox |
| | (ab 3 J.) | (ab 6 J.) | | (ab 6 J.) | (ab 6 J.) | | | programm 2 | |
| 17:00 | 17:00 | 17:00 | | 17:00 | 17:00 | | | | |
| | Kindertanzen | JumpingKids | | Faszien- | JumpingKids | | | | |
| | (ab 5 J.) | (ab 9 J.) | | Yoga | (ab 9 J.) | | | | |
| 18:00 | 18:00 | | 18:00 | | | | | 17:30 | 17:30 |
| | Rücken-Fit | | Hurra, wir | | | | | Gold | Silber |
| | | | heiraten | | | | | | |
| 19:00 | 18:10 | 18:10 | | 18:00 | 18:30 | 17:45 | | | |
| | Jumping | Jumping | | Bronze | Welttanz- | Platin | | | |
| | | | | | programm 1 | | | | |
| 20:00 | 19:00 | 19:15 | | | 20:00 | 19:30 | | 19:15 | 19:15 |
| | Technik-Kurs | DiscoFox | | | Salsa-/Latino- | Gold | | Platin | Jumping |
| | „schöner tanzen“ | | | | Club | | | | |
| 21:00 | 20:00 | 20:15 | | 19:30 | | | | | |
| | Bronze | DiscoFox Club | | Platin | | | | | |

■ Kinder

■ Fitness

■ Solomoves

■ Paartanz