

Stundenplan Erwachsene

ab August 2024

Montag

Ballett (A)	18.30-19.45	Caitlin
Stretching	20.00-21.00	Caitlin
HipHop/Contemporary Fusion	20.00-21.00	Ivana
Pilates*	19.30-20.30	Oksana
Yoga Pilates*	20.30-21.30	Oksana

Dienstag

Zerro Barre	17.30-18.30	Dmitry
Yoga	19.00-20.15	Franziska/Teresa
Ballett (A)	19.30-20.45	Shaohui
Contemporary (A&M)	19.45-21.00	Valentina

Mittwoch

Yoga	18.45-20.00	Franziska
Modern Jazz	18.45-19.45	Powell
Salsa (F)	20.00-21.00	Powell
Salsa (A)	21.00-22.00	Powell

Donnerstag

Ballett (M&F)	8.45-10.00	Anya
Barre a terre/Stretching	18.30-19.30	Simone
Jazz	19.45-21.00	Simone
Bachata	19.30-20.30	Christoph
Standard Latein	20.30-21.30	Christoph

Freitag

Pilates*	12.00-13.00	Oksana
Ballett (A&M)	18.30-19.45	Shaohui
Classical Variation	20.00-21.00	Shaohui

Sonntag

Ballett (M&F)	9.30-10.45	Shaohui
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A=Anfänger M=Mittel F=Fortgeschritten

* Anmeldung direkt bei Oksana

Anmeldung: [Mindbody App](#)