

Stundenplan 08.01. – 04.03.2018

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1. STOCK						
		10:30-11:30 OPEN LEVEL <i>Sabrina</i>		10:30-11:30 LEVEL 1 <i>Sabrina</i>		
18:15-19:15 LEVEL 1 <i>Lou</i>	18:30-19:30 STRETCHING <i>Sabrina</i>	18:15-19:15 FREIES TRAINING	18:15-19:15 LEVEL 4 - 5 <i>Sabrina</i>	18:00-19:00 FREIES TRAINING	<i>Junggesellinnen- abschiede</i>	
19:30-20:30 LEVEL 3 <i>Marina</i>	19:45-20:45+ POWER POLE / HOOP L2 <i>Sabrina</i>	19:30-20:30 LEVEL 4 <i>Marina</i>	19:30-20:30 LEVEL 6 <i>Sabrina</i>		<i>Privatstunden</i>	18:00-19:00 FREIES TRAINING
20:45-21:45 FREIES TRAINING	21:00-22:00 TRAINER TRAINING	20:45-21:45 LEVEL 5 <i>Marina</i>	20:45-21:45 STRETCHING <i>Sabrina</i>			

ERDGESCHOSS						
		10:30-11:30 FREIES TRAINING		10:30-11:30 FREIES TRAINING		
18:15-19:15 LEVEL 2 - 3 <i>Sabrina</i>	18:30-19:30 LEVEL 4 <i>Micha</i>	18:15-19:15 LEVEL 2 <i>Kassi</i>	18:15-19:15 FREIES TRAINING	18:00-19:00 LEVEL 1 <i>Kassi</i>		
19:30-20:30* SPINNING / FREESTYLE <i>Sabrina</i>	19:45-20:45 LEVEL 3 <i>Micha</i>	19:30-20:30* HOOP 1 / EXOTIC <i>Micha</i>	19:30-20:30* DEEPWORK / BOOTCAMP <i>Leonie</i>	19:15-20:15+ FLOOR SPECIALS <i>Kassi</i>		18:00-19:00 LEVEL 2 <i>*wechselnd*</i>
20:45-21:45 LEVEL 6 <i>Sabrina</i>	21:00-22:00 FREIES TRAINING	20:45-21:45 LEVEL 4 <i>Micha</i>	20:45-21:45 LEVEL 1 <i>Julia</i>			19:15-20:15 OPEN LEVEL <i>*wechselnd*</i>

* 14-tägig (im Wechsel) + Termine bitte dem Anmeldeformular entnehmen.

Achtung: **Schnupperstunden** finden zu ganz unterschiedlichen Terminen statt. Bitte ins Anmeldeformular schauen.