

KURSPLAN

Der Samstag findet alle
zwei Wochen statt



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Special Samstag	Sonntag
			TikTok Kids ab 10 Jahre 17:15- 18:00	NEW Open Class Teens 12 - 15 Jahre 16:30 - 17:30 (Open Level)	NEW Dance it Up Workout 15:00 - 15:20	Teamworkout 11:00 - 11:45
 Hip Hop Kids 8-12 Jahre 16:30 - 17:30 (Level1)	Hip Hop Kids ab 10 Jahre 16:00 - 17:00 (Open Level) 	Hip Hop Teens 12 -15 Jahre 17:00 - 18:00 (Open Level) 	 NEW Fatkiller Tabata Workout 18:30 - 19:00	 Fullbody Shape 18:00 - 18:45	NEW Step Boost Workout 15:30 - 16:15 	 Relaxed Body 11:50 - 12:10
Sixpack 18:00 - 18:20	Boostclub Pump-Workout 18:15- 19:15	Teamworkout Bootcamp 18:15 - 19:15	Afro/Dancehall Fusion 19:30 - 20:30 (ab 16J)	Latin Fit-Moves 19:00 - 19:45	NEW Pilates X Yoga 16:30 - 17:00	
Booty & Legs 18:30 - 19:00	NEW Hip Hop for Mamis (Adults) (Basic Level 1-2) 19:30- 20:30	NEW Afro Basics 19:30 - 20:30 (ab 16J)		Open Choreo Dance Class (Open Level) 20:00 - 21:00	NEW Twerk 17:15 - 18:15	
Heels Ladys Dance 19:15 - 20:15						