

Sommerprogramm 2018 – Studio Am Felde

Vom 09.07. - 19.08.2018



Alle Outdoor-Spezials findet ihr auf der Rückseite!

Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp finden wie gewohnt statt.

Während des Sommerprogrammes dürfen alle Mitglieder in allen On Stage Studios trainieren!

Hinweis: Das Sommerprogramm kann sich Woche für Woche ändern (auch die Räume).

1. Woche 09.07.-15.07.18			
Mo	2.1	18:15-19:30 Contemporary (Anfänger) - Mona S.	21:00-22:00 Afro Fitness - Leroy
	2.2		
	2.5	19:45-21:15 Boxtraining - Jotis	
Di	2.1	18:15-19:45 Ballett (Anf. m. Kenntn.) - Francisco	20:00-21:30 Yin Yoga - Matthias H.
	2.2		
	2.5	19:45-21:00 Modern Jazz (Anf. m. Kenntn.) - Petra P.	21:00-22:00 Hip Hop - Memo
Mi	2.1	19:15-20:15 BBP - Victor Jimenez	20:45-21:45 Dancehall - Sofie
	2.2	18:30-19:45 Ballett (Anfänger) - Jerome	
	2.5	19:45-21:15 Ballett (Anf. m. Kenntn.) - Jerome	
Do	2.1	18:15-19:15 Zumba - Plinio	2.3 19:45-20:30 Hip Hop - Jamel
	2.2		2.3 20:30-21:15 Latinissimo (Anf. m. Kenntn.) - Jamel
	2.5	19:15-20:15 Pilates - Tatjana W.	
Fr	2.1	19:45-21:15 Jazz (Mittel) - Michael K.	
	2.2	19:15-20:45 Jazz (Anf. m. Kenntn.) - Jeanette	20:45-22:00 Modern Jazz (Anf. m. Kenntn.) - Jerome
	2.5	20:15-21:30 Hip Hop Freestyle - Can	
Sa	2.1	18:15-19:30 Ballett (Mittel) - Hellena	19:30-21:00 Yoga & Stretching - Sandra S.
	2.2	18:15-19:15 Jazz (Anfänger) - Sonia Rima	19:15-20:45 Jazz (Fortgeschritten) - Sonia Rima
	2.5	19:30-20:45 House - Gifty & Pjay	
So	2.1	18:30-20:00 Yin Yoga - Matthias H.	20:00-21:15 Ballett (Anf. m. Kenntn.) - Tomislav
	2.2		
	2.5	17:15-18:15 Hip Hop (Anfänger) - Reese	18:15-19:15 Hip Hop Master - Reese
Mo	2.1	15:00-16:00 Pilates - Zasou	
	2.2	14:00-15:30 Modern (Mittel) - Tomislav	15:30-17:00 Ballett (Fortgeschritten) - Jerome
	2.5	14:30-15:30 Zumba - Plinio	15:30-16:30 Zumba - Plinio
Di	2.1	12:15-13:15 BBP - Jenny S.	13:15-14:30 Yoga - Jenny S.
	2.2		
	2.5	14:00-15:30 Ballett (Mittel) - Tomislav	16:30-18:00 Modern Jazz (Mittel) - Petra P.
2. Woche 16.07.-22.07.18			
Mo	2.2	18:15-19:30 Contemporary (Anfänger) - Mona S.	19:45-21:15 Boxtraining - Jotis
	2.5	18:15-19:45 Ballett (Anf. m. Kenntn.) - Francisco	20:00-21:30 Yin Yoga - Matthias H.
Di	2.2		19:45-21:00 Modern Jazz (Anf. m. Kenntn.) - Petra P.
	2.3		21:00-22:00 Hip Hop - Memo
	2.5	19:15-20:15 BBP - Victor Jimenez	20:45-21:45 Dancehall - Sofie
Mi	2.1	18:30-19:45 Ballett (Anfänger) - Jerome	
	2.2	19:45-21:15 Ballett (Anf. m. Kenntn.) - Jerome	
	2.5	19:15-20:15 Pilates - Tatjana W.	
Do	2.1	18:15-19:15 Zumba - Plinio	19:45-20:30 Hip Hop - Jamel
	2.2		20:30-21:15 Latinissimo (Anf. m. Kenntn.) - Jamel
	2.5	18:30-19:45 Modern (Anfänger) - Raul	19:45-21:15 Jazz (Mittel) - Michael K.
Fr	2.1	18:15-19:30 Contemporary (Anf. m. Kenntn.) - Amy Docktor	19:30-20:45 Ballett (Anfänger) - Amy Docktor
	2.2		20:45-22:00 Modern Jazz (Anf. m. Kenntn.) - Jerome
	2.5	19:15-20:45 Jazz (Anf. m. Kenntn.) - Jeanette	2.3 20:15-21:30 Hip Hop Freestyle - Can
Sa	2.1	18:15-19:30 Ballett (Mittel) - Hellena	19:30-21:00 Yoga & Stretching - Sandra S.
	2.2	18:15-19:15 Jazz (Anfänger) - Sonia Rima	19:15-20:45 Jazz (Fortgeschritten) - Sonia Rima
	2.5	19:30-20:45 House - Gifty & Pjay	
So	2.1	18:30-20:00 Yin Yoga - Matthias H.	20:00-21:15 Ballett (Anf. m. Kenntn.) - Tomislav
	2.2		
	2.5	17:15-18:15 Hip Hop (Anfänger) - Reese	18:15-19:15 Hip Hop Master - Reese
Mo	2.1	15:00-16:00 Pilates - Zasou	
	2.2	14:00-15:30 Modern (Mittel) - Tomislav	15:30-17:00 Ballett (Fortgeschritten) - Jerome
	2.5	14:30-15:30 Zumba - Plinio	15:30-16:30 Zumba - Plinio
Di	2.1	12:15-13:15 BBP - Jenny S.	13:15-14:30 Yoga - Jenny S.
	2.2		
	2.5	14:00-15:30 Ballett (Mittel) - Tomislav	16:30-18:00 Modern Jazz (Mittel) - Petra P.
3. Woche 23.07.-29.07.18			
Mo	2.2	18:15-19:30 Contemporary (Anfänger) - Mona S.	19:30-21:00 Modern (Mittel) - Raul Valdez
	2.3	18:30-19:45 BBP - Gabi	19:45-21:15 Boxtraining - Jotis
	2.5	18:15-19:45 Ballett (Anf. m. Kenntn.) - Francisco	20:00-21:30 Yin Yoga - Matthias H.
Di	2.2	18:15-19:45 Modern Jazz (Mittel) - Raul Valdez	19:45-21:00 Modern Jazz (Anf. m. Kenntn.) - Petra P.
	2.3		21:00-22:00 Hip Hop - Memo
	2.5	19:15-20:15 BBP - Victor Jimenez	20:45-21:45 Dancehall - Sofie
Mi	2.1	18:30-19:45 Ballett (Anfänger) - Jerome	19:45-21:15 Ballett (Anf. m. Kenntn.) - Jerome
	2.2	18:30-19:45 Modern (Anfänger) - Raul	19:45-20:30 Hip Hop - Jamel
	2.5	19:15-20:15 Pilates - Tatjana W.	20:30-21:15 Latinissimo (Anf. m. Kenntn.) - Jamel
Do	2.1	18:15-19:15 Zumba - Plinio	19:15-20:15 Pilates - Tatjana W.
	2.2	18:15-19:45 Ballett (Fortgeschritten) - Victor M.	19:45-21:15 Jazz (Mittel) - Michael K.
	2.5	19:15-20:45 Jazz (Anf. m. Kenntn.) - Naduah	20:45-22:00 Modern Jazz (Anf. m. Kenntn.) - Jerome
Fr	2.1	19:15-20:45 Jazz (Anf. m. Kenntn.) - Jeanette	20:15-21:30 Hip Hop Freestyle - Can
	2.2	18:15-19:30 Ballett (Mittel) - Hellena	19:30-21:00 Yoga & Stretching - Sandra S.
	2.5	19:30-20:45 House - Gifty & Pjay	
Sa	2.1	18:15-19:15 Jazz (Anfänger) - Sonia Rima	19:15-20:45 Jazz (Fortgeschritten) - Sonia Rima
	2.2	19:30-20:45 House - Gifty & Pjay	
	2.5	18:30-20:00 Yin Yoga - Matthias H.	20:00-21:15 Ballett (Anf. m. Kenntn.) - Tomislav
So	2.1		
	2.2	17:15-18:15 Hip Hop (Anfänger) - Reese	18:15-19:15 Hip Hop Master - Reese
	2.5	15:00-16:00 Pilates - Zasou	
Mo	2.1	14:00-15:30 Modern (Mittel) - Tomislav	15:30-17:00 Ballett (Fortgeschritten) - Jerome
	2.2	14:30-15:30 Zumba - Plinio	15:30-16:30 Zumba - Plinio
	2.5	14:00-15:30 Ballett (Mittel) - Tomislav	

Weitere Hinweise und Informationen:

Unsere Sommer-Outdoor-Spezials:

Outdoor 1: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel C. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 2: dienstags, 19:15-20:15 Uhr, Lauffreem im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 3: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 30.07.-05.08.18

Mo	2.1	18:15-19:30 Contemporary (Anfänger) - Mona S.	19:30-21:00 Modern (Mittel) - Raul Valdez	21:00-22:00 Afro Fitness - Leroy
	2.2	18:30-19:45 BBP - Gabi	19:45-21:15 Boxtraining - Jotis	
	2.5		20:00-21:30 Yin Yoga - Matthias H.	
Di	2.2	18:15-19:15 Salsation - Jenny D.	19:15-20:15 BBP - Victor Jimenez	20:45-21:45 Dancehall - Sofie
	2.5	18:30-19:45 Ballett (Anfänger) - Jerome	19:45-21:15 Ballett (Anf. m. Kenntn.) - Jerome	
	2.7	18:15-19:45 Modern Jazz (Mittel) - Raul Valdez	19:45-21:00 Modern Jazz (Anf. m. Kenntn.) - Petra P.	21:00-22:00 Hip Hop - Memo
Mi	2.2	18:15-19:15 Zumba - Plinio	19:15-20:15 Pilates - Tatjana W.	
	2.5	18:15-19:45 Ballett (Fortgeschritten) - Victor M.	19:45-21:15 Jazz (Mittel) - Michael K.	
	2.7	18:30-19:45 Modern (Anfänger) - Raul	19:45-20:30 Hip Hop - Jamel	20:30-21:15 Latinissimo (Anf. m. Kenntn.) - Jamel
Do	2.2	18:15-19:30 Contemporary (Anf. m. Kenntn.) - Amy Docktor	19:30-20:45 Ballett (Anfänger) - Amy Docktor	2.3 20:15-21:30 Hip Hop Freestyle - Can
	2.5	18:15-19:30 Ballett (Mittel) - Hellena	19:30-21:00 Yoga & Stretching - Sandra S.	
	2.7		19:15-20:45 Jazz (Anf. m. Kenntn.) - Naduah	20:45-22:00 Modern Jazz (Anf. m. Kenntn.) - Jerome
Fr	2.2	18:15-19:15 Jazz (Anfänger) - Sonia Rima	19:15-20:45 Jazz (Fortgeschritten) - Sonia Rima	
	2.3		19:30-20:45 House - Gifty & Pjay	
	2.5	18:30-20:00 Yin Yoga - Matthias H.		
Sa	2.2	15:00-16:00 Pilates - Zasou	17:15-18:15 Hip Hop (Anfänger) - Reese	18:15-19:15 Hip Hop Master - Reese
	2.5	15:30-17:00 Ballett (Fortgeschritten) - Jerome		
So	2.1	12:15-13:15 BBP - Jenny S.	13:15-14:30 Yoga - Jenny S.	16:30-18:00 Modern Jazz (Mittel) - Petra P.
	2.2		14:30-15:30 Zumba - Plinio	15:30-16:30 Zumba - Plinio

5. Woche 06.08.-12.08.18

Mo	2.1	18:15-19:30 Contemporary (Anfänger) - Mona S.	19:30-21:00 Modern (Mittel) - Raul Valdez	21:00-22:00 Afro Fitness - Leroy
	2.2	18:30-19:45 BBP - Gabi	19:45-21:15 Boxtraining - Jotis	
	2.5		20:00-21:30 Yin Yoga - Matthias H.	
Di	2.1	18:15-19:45 Modern Jazz (Mittel) - Raul Valdez	19:45-21:00 Modern Jazz (Anf. m. Kenntn.) - Petra P.	21:00-22:00 Hip Hop - Memo
	2.2	18:15-19:15 Salsation - Jenny D.	20:45-21:45 Dancehall - Safija	
	2.5	18:30-19:45 Ballett (Anfänger) - Jerome	19:45-21:15 Ballett (Anf. m. Kenntn.) - Jerome	
Mi	2.2	18:15-19:15 Zumba - Plinio	19:15-20:15 Pilates - Tatjana W.	
	2.5	18:15-19:45 Ballett (Fortgeschritten) - Victor M.	19:45-21:15 Jazz (Mittel) - Michael K.	
	2.7	18:30-19:45 Modern (Anfänger) - Raul	19:45-20:30 Hip Hop - Jamel	20:30-21:15 Latinissimo (Anf. m. Kenntn.) - Jamel
Do	2.1		19:15-20:45 Jazz (Anf. m. Kenntn.) - Naduah	20:45-22:00 Modern Jazz (Anf. m. Kenntn.) - Jerome
	2.2	18:15-19:30 Contemporary (Anf. m. Kenntn.) - Amy Docktor	19:30-20:45 Ballett (Anfänger) - Amy Docktor	2.7 20:15-21:30 Hip Hop Freestyle - Can
	2.5	18:15-19:30 Ballett (Mittel) - Hellena	19:30-21:00 Yoga & Stretching - Sandra S.	
Fr	2.1	18:15-19:15 Jazz (Anfänger) - Sonia Rima	19:15-20:45 Jazz (Fortgeschritten) - Sonia Rima	
	2.2		19:30-20:45 House - Gifty & Pjay	
	2.5	18:30-20:00 Yin Yoga - Matthias H.		
Sa	2.1		17:15-18:15 Hip Hop (Anfänger) - Reese	18:15-19:15 Hip Hop Master - Reese
	2.2	15:00-16:00 Pilates - Valeria		
2.5	15:30-17:00 Ballett (Fortgeschritten) - Jerome			
So	2.1	12:15-13:15 BBP - Jenny S.	13:15-14:30 Yoga - Jenny S.	16:30-18:00 Modern Jazz (Mittel) - Petra P.
	2.2		14:30-15:30 Zumba - Plinio	15:30-16:30 Zumba - Plinio

6. Woche 13.08.-19.08.18

Mo	2.1	18:15-19:30 Contemporary (Anfänger) - Mona S.	19:30-21:00 Modern (Mittel) - Raul Valdez	21:00-22:00 Afro Fitness - Leroy
	2.2	18:30-19:45 BBP - Gabi	19:45-21:15 Boxtraining - Jotis	
	2.5		20:00-21:30 Yin Yoga - Saskia	
Di	2.1	18:15-19:45 Modern Jazz (Mittel) - Raul Valdez	19:45-21:00 Modern Jazz (Anf. m. Kenntn.) - Petra P.	21:00-22:00 Hip Hop - Memo
	2.2	18:15-19:15 Salsation - Jenny D.	19:15-20:15 BBP - Victor Jimenez	20:45-21:45 Dancehall - Sofie
	2.5	18:30-19:45 Ballett (Anfänger) - Jerome	19:45-21:15 Ballett (Anf. m. Kenntn.) - Jerome	
Mi	2.2	18:15-19:15 Zumba - Plinio	19:15-20:15 Pilates - Tatjana W.	
	2.5	18:15-19:45 Ballett (Fortgeschritten) - Victor M.	19:45-21:15 Jazz (Mittel) - Michael K.	
	2.7	18:30-19:45 Modern (Anfänger) - Raul	2.7 19:45-20:30 Hip Hop - Jamel	2.7 20:30-21:15 Latinissimo (Anf. m. Kenntn.) - Jamel
Do	2.1		19:15-20:45 Jazz (Anf. m. Kenntn.) - Naduah	20:45-22:00 Modern Jazz (Anf. m. Kenntn.) - Jerome
	2.2	18:15-19:30 Contemporary (Anf. m. Kenntn.) - Amy Docktor	19:30-20:45 Ballett (Anfänger) - Amy Docktor	2.7 20:15-21:30 Hip Hop Freestyle - Can
	2.5	18:15-19:30 Ballett (Mittel) - Hellena	19:30-21:00 Yoga & Stretching - Sandra S.	
Fr	2.1	18:15-19:15 Jazz (Anfänger) - Sonia Rima	19:15-20:45 Jazz (Fortgeschritten) - Sonia Rima	
	2.2		19:30-20:45 House - Gifty & Pjay	
	2.5	18:30-20:00 Yin Yoga - Matthias H.	20:00-21:15 Ballett (Anf. m. Kenntn.) - Tomislav	
Sa	2.1		17:15-18:15 Hip Hop (Anfänger) - Reese	18:15-19:15 Hip Hop Master - Reese
	2.2	15:00-16:00 Pilates - Valeria		
2.5	15:30-17:00 Ballett (Fortgeschritten) - Jerome			
So	2.1	12:15-13:15 BBP - Jenny S.	13:15-14:30 Yoga - Jenny S.	16:30-18:00 Modern Jazz (Mittel) - Petra P.
	2.2		14:30-15:30 Zumba - Plinio	15:30-16:30 Zumba - Plinio

Sommerprogramm 2018 – Studio Krohnskamp

Vom 09.07. - 19.08.2018

Alle Outdoor-Spezials findet ihr auf der Rückseite!

Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp, finden wie gewohnt statt.

Während des Sommerprogrammes dürfen alle Mitglieder in allen On Stage Studios trainieren!

Hinweis: Das Sommerprogramm kann sich Woche für Woche ändern (auch die Räume).



1. Woche 09.07.-15.07.18

Mo	K1	18:15-19:15 Hip Hop - Nelson	19:15-20:15 Jazz (Anfänger) - Jeanette	20:15-21:15 Jazz Technik/Choreo (Anf. m. Kenntn.) - Jeanette
	K2	18:15-19:15 BBP - Christian	19:15-20:15 Power Workout - Christian	K3 19:15-20:30 Ballett (Anfänger) - Tomislav
Di	K1	18:15-19:30 Hip Hop - Memo	K3 19:45-20:45 Deepwork & Stretch - Zasou	
	K2	18:15-19:30 Ballett Workout - Tatjana W.	19:30-20:30 Pilates - Miriam Maruhn	
Mi	K1	18:15-19:45 Ballett (Basis) - Francisco	19:45-21:15 Ballett (Anf. m. Kenntn.) - Francisco	K3 20:00-21:15 Yin Yoga - Anca
	K2	18:30-19:30 Functional Power - Mona	19:30-20:00 Bauchmuskel Spezial - Akwasi	20:15-21:30 Jazz (Basis) - Jeanette
Do	K1		19:45-21:45 Modern (Anf. m. Kenntn.) - Brigitte L.	
	K2	18:15-19:15 Stretch & Conditioning - Simone	19:15-20:15 Dance Flash - Jamel	20:15-21:15 High Impact Power Workout - Victor S.A.
Fr	K1	18:15-19:15 Stretching - Mona S.	19:30-20:45 Ballett (Anfänger) - Mona S.	
	K2	18:30-19:30 Box Fitness - Kayes	19:30-20:30 Hip Hop - Jamel	
Sa	K1			
	K2	12:45-14:00 Yoga - Gabi P.	16:30-18:00 Modern Jazz Ü33 (Basis) - Petra P.	
So	K1	11:00-12:30 Hatha Flow Yoga - Sandra	12:30-14:00 Ballett (Anfänger) - Elizabeth	14:00-15:15 Modern (Anf. m. Kenntn.) - Elizabeth
	K2	12:30-13:30 Anna - BBP		

2. Woche 16.07.-22.07.18

Mo	K1	18:15-19:15 Hip Hop - Nelson	19:15-20:15 Jazz (Anfänger) - Jeanette	20:15-21:15 Jazz Technik/Choreo (Anf. m. Kenntn.) - Jeanette
	K2	18:15-19:15 BBP - Christian	19:15-20:15 Power Workout - Christian	K3 19:15-20:30 Ballett (Anfänger) - Tomislav
Di	K1	18:15-19:30 Hip Hop - Memo	K3 19:45-20:45 Deepwork & Stretch - Zasou	
	K2	18:15-19:30 Ballett Workout - Tatjana W.	19:30-20:30 Pilates - Miriam Maruhn	
Mi	K1	18:15-19:45 Ballett (Basis) - Francisco	19:45-21:15 Ballett (Anf. m. Kenntn.) - Francisco	K3 20:00-21:15 Yin Yoga - Anca
	K2	18:30-19:30 Functional Power - Mona	19:30-20:00 Bauchmuskel Spezial - Akwasi	20:15-21:30 Jazz (Basis) - Jeanette
Do	K1		19:45-21:45 Modern (Anf. m. Kenntn.) - Brigitte L.	
	K2		19:15-20:15 Dance Flash - Jamel	20:15-21:15 High Impact Power Workout - Victor S.A.
Fr	K1	18:15-19:15 Stretching - Mona S.	19:30-20:45 Ballett (Anfänger) - Mona S.	
	K2	18:30-19:30 Box Fitness - Kayes	19:30-20:30 Hip Hop - Jamel	
Sa	K1			K2 16:30-18:00 Modern Jazz Ü33 (Basis) - Petra P.
	K2	11:00-12:00 Yin Yoga - Petra P.	12:45-14:00 Yoga - Gabi P.	14:00-15:15 Jazz (Anf. m. Kenntn.) - Petra P.
So	K1	11:00-12:30 Hatha Flow Yoga - Sandra	12:30-14:00 Ballett (Anfänger) - Elizabeth	14:00-15:15 Modern (Anf. m. Kenntn.) - Elizabeth
	K2	12:30-13:30 Anna - BBP		

3. Woche 23.07.-29.07.18

Mo	K1	18:15-19:15 Hip Hop - Nelson	19:15-20:15 Jazz (Anfänger) - Naduah	20:15-21:15 Jazz Technik/Choreo (Anf. m. Kenntn.) - Naduah
	K2	18:15-19:15 BBP - Christian	19:15-20:15 Power Workout - Christian	K3 19:15-20:30 Ballett (Anfänger) - Tomislav
Di	K1	18:15-19:30 Hip Hop - Memo		
	K2	18:15-19:30 Ballett Workout - Tatjana W.	19:30-20:30 Pilates - Miriam Maruhn	
Mi	K1	18:15-19:45 Ballett (Basis) - Francisco	19:45-21:15 Ballett (Anf. m. Kenntn.) - Francisco	K3 19:00-20:00 Leaps & Turns - Naduah 20:00-21:15 Yin Yoga - Matthias H.
	K2	18:30-19:30 Functional Power - Mona	19:30-20:00 Bauchmuskel Spezial - Akwasi	20:15-21:30 Jazz (Basis) - Naduah
Do	K1	K3 18:45-20:00 Yoga - Felicia	19:45-21:45 Modern (Anf. m. Kenntn.) - Brigitte L.	
	K2		19:15-20:15 Dance Flash - Jamel	20:15-21:15 High Impact Power Workout - Victor S.A.
Fr	K1	18:15-19:15 Stretching - Mona S.	19:30-20:45 Ballett (Anfänger) - Mona S.	
	K2	18:30-19:30 Box Fitness - Kayes	19:30-20:30 Hip Hop - Jamel	
Sa	K1			K2 16:30-18:00 Modern Jazz Ü33 (Basis) - Petra P.
	K2	11:00-12:00 Yin Yoga - Petra P.	12:45-14:00 Yoga - Gabi P.	14:00-15:15 Jazz (Anf. m. Kenntn.) - Petra P.
So	K1	11:00-12:30 Hatha Flow Yoga - Sandra	12:30-14:00 Ballett (Anfänger) - Elizabeth	14:00-15:15 Modern (Anf. m. Kenntn.) - Elizabeth
	K2	12:30-13:30 Anna - BBP		

Weitere Hinweise und Informationen:

Unsere Sommer-Outdoor-Spezials:

Outdoor 1: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel C. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 2: dienstags, 19:15-20:15 Uhr, Laufftreff im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 3: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 30.07.-05.08.18

Mo	K1	18:15-19:15 Hip Hop - Nelson	19:15-20:15 Jazz (Anfänger) - Naduah	20:15-21:15 Jazz Technik/Choreo (Anf. m. Kenntn.) - Naduah
	K2	18:15-19:15 BBP - Christian	19:15-20:15 Power Workout - Christian	
Di	K1	18:15-19:30 Hip Hop - Memo	K3 19:45-20:45 Deepwork & Stretch - Zasou	
	K2	18:15-19:30 Ballett Workout - Tatjana W.	19:30-20:30 Pilates - Miriam Maruhn	
Mi	K1	18:15-19:45 Ballett (Basis) - Francisco	19:45-21:15 Ballett (Anf. m. Kenntn.) - Francisco	K3 19:00-20:00 Leaps & Turns - Naduah 20:00-21:15 Yin Yoga - Matthias H.
	K2	18:30-19:30 Functional Power - Mona	19:30-20:00 Bauchmuskel Spezial - Akwasi	20:15-21:30 Jazz (Basis) - Naduah
Do	K1	K3 18:45-20:00 Yoga - Felicia	19:45-21:45 Modern (Anf. m. Kenntn.) - Brigitte L.	
	K2		19:15-20:15 Dance Flash - Jamel	20:15-21:15 High Impact Power Workout - Victor S.A.
Fr	K1	18:15-19:15 Stretching - Mona S.	19:30-20:45 Ballett (Anfänger) - Mona S.	
	K2	18:30-19:30 Box Fitness - Kayes	19:30-20:30 Hip Hop - Jamel	
Sa	K1	12:30-14:00 Modern (Anf. m. Kenntn.) - Amy Docktor		K2 16:30-18:00 Modern Jazz Ü33 (Basis) - Petra P.
	K2	11:00-12:00 Yin Yoga - Petra P.	12:45-14:00 Yoga - Astrid	14:00-15:15 Jazz (Anf. m. Kenntn.) - Petra P.
So	K1	11:00-12:30 Hatha Flow Yoga - Sandra	12:30-14:00 Ballett (Anfänger) - Elizabeth	14:00-15:15 Modern (Anf. m. Kenntn.) - Elizabeth
	K2	12:30-13:30 Anna - BBP		

5. Woche 06.08.-12.08.18

Mo	K1	18:15-19:15 Hip Hop - Nelson	19:15-20:15 Jazz (Anfänger) - Naduah	20:15-21:15 Jazz Technik/Choreo (Anf. m. Kenntn.) - Naduah
	K2	18:15-19:15 BBP - Christian	19:15-20:15 Power Workout - Christian	
Di	K1	18:15-19:30 Hip Hop - Memo	19:30-21:00 Ballett - Valeria	
	K2	18:15-19:30 Ballett Workout - Tatjana W.	19:30-20:30 Pilates - Miriam Maruhn	K3 19:45-20:45 Deepwork & Stretch - Zasou
Mi	K1	18:15-19:45 Ballett (Basis) - Francisco	19:45-21:15 Ballett (Anf. m. Kenntn.) - Francisco	K3 19:00-20:00 Leaps & Turns - Naduah 20:00-21:15 Yin Yoga - Matthias H.
	K2	18:30-19:30 Functional Power - Mona	19:30-20:00 Bauchmuskel Spezial - Akwasi	20:15-21:30 Jazz (Basis) - Naduah
Do	K1	K3 18:45-20:00 Yoga - Felicia	19:45-21:45 Modern (Anf. m. Kenntn.) - Brigitte L.	
	K2	18:15-19:15 Stretch & Conditioning - Simone	19:15-20:15 Dance Flash - Jamel	20:15-21:15 High Impact Power Workout - Victor S.A.
Fr	K1	18:15-19:30 Ballett Workout (Anfänger) - Valeria	19:30-20:45 Ballett (Anf. m. Kenntn.) - Valeria	
	K2	18:30-19:30 Box Fitness - Kayes	19:30-20:30 Hip Hop - Jamel	
Sa	K1	12:30-14:00 Modern (Anf. m. Kenntn.) - Amy Docktor		K2 16:30-18:00 Modern Jazz Ü33 (Basis) - Petra P.
	K2	11:00-12:00 Yin Yoga - Petra P.	12:45-14:00 Yoga - Astrid	14:00-15:15 Jazz (Anf. m. Kenntn.) - Petra P.
So	K1	11:00-12:30 Hatha Flow Yoga - Sandra	12:30-14:00 Ballett (Anfänger) - Brigitte	
	K2	12:30-13:30 Anna - BBP		

6. Woche 13.08.-19.08.18

Mo	K1	18:15-19:15 Hip Hop - Nelson	19:15-20:15 Jazz (Anfänger) - Naduah	20:15-21:15 Jazz Technik/Choreo (Anf. m. Kenntn.) - Naduah
	K2	18:15-19:15 BBP - Christian	19:15-20:15 Power Workout - Christian	
Di	K1	18:15-19:30 Hip Hop - Memo	19:30-21:00 Ballett - Valeria	
	K2	18:15-19:30 Ballett Workout - Tatjana W.	19:30-20:30 Pilates - Miriam Maruhn	19:45-20:45 Deepwork & Stretch - Zasou K3
Mi	K1	18:15-19:45 Ballett (Basis) - Francisco	19:45-21:15 Ballett (Anf. m. Kenntn.) - Francisco	K3 19:00-20:00 Leaps & Turns - Naduah 20:00-21:15 Yin Yoga - Anca
	K2	18:30-19:30 Functional Power - Mona	19:30-20:00 Bauchmuskel Spezial - Akwasi	20:15-21:30 Jazz (Basis) - Naduah
Do	K1	18:45-20:00 Yoga - Felicia K3	19:45-21:45 Modern (Anf. m. Kenntn.) - Brigitte L.	
	K2	18:15-19:15 Stretch & Conditioning - Simone	19:15-20:15 Dance Flash - Jamel	20:15-21:15 High Impact Power Workout - Victor S.A.
Fr	K1	18:15-19:30 Ballett Workout (Anfänger) - Valeria	19:30-20:45 Ballett (Anf. m. Kenntn.) - Valeria	
	K2	18:30-19:30 Box Fitness - Kayes	19:30-20:30 Hip Hop - Jamel	
Sa	K1	12:30-14:00 Modern (Anf. m. Kenntn.) - Amy Docktor		16:30-18:00 Modern Jazz Ü33 (Basis) - Petra P. K2
	K2	11:00-12:00 Yin Yoga - Petra P.	12:45-14:00 Yoga - Astrid	14:00-15:15 Jazz (Anf. m. Kenntn.) - Petra P.
So	K1	11:00-12:30 Hatha Flow Yoga - Sandra	12:30-14:00 Ballett (Anfänger) - Brigitte	
	K2	12:30-13:30 Anna - BBP		

Sommerprogramm 2018 – Studio Conventstraße

Vom 09.07. - 19.08.2018



Alle Outdoor-Spezials findet ihr auf der Rückseite!
 Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp finden wie gewohnt statt.
 Während des Sommerprogrammes dürfen alle Mitglieder in allen On Stage Studios trainieren!
 Hinweis: Das Sommerprogramm kann sich Woche für Woche ändern (auch die Räume).

1. Woche 09.07.-15.07.18

Mo	C1	18:30-19:30 Tae Bow - Jenny S.	19:30-20:30 BBP - Victor Jimenez	C3 19:45-21:00 Power Yoga - Asja
	C4	18:30-19:30 Contemporary (Anf. m. Kenntn.) - Asja	20:30-21:30 Dancehall - Sofie	21:30-22:00 High Heels - Sofie
Di	C1	18:30-19:30 Fight Fitness - Jotis	19:30-20:30 YAB Workout - Christian	20:30-21:30 YAB Smart - Christian
	C4	18:15-19:15 Body Cross - Fabian	19:30-20:30 Pilates - Ebony	
Mi	C1	18:30-19:30 Zumba - Silvia	19:45-20:45 Reaggeton - Silvia	
	C4	18:30-19:30 House - Franklyn	19:30-20:15 Bauch Spezial - Mo	20:15-21:30 Cozy Hip Hop - Aleks
Do	C1	18:30-19:30 Langhantel Power - Mo	19:30-20:30 Fight Fitness - Jotis	20:30-21:30 Dancehall - Sofie
	C4		19:15-20:15 Latin Jazz (Anfänger) - Asja	C3 20:15-21:15 Yoga - Asja
Fr	C1	18:15-19:15 Langhantel Power - Victor S.A.	19:15-20:15 High Impact Power Workout - Victor S.A.	
	C4	18:30-19:30 Zumba - Bärbel	19:30-20:30 Basic Hip Hop - Josi & Aleks	
Sa	C1	11:00-12:00 Deepwork - Sonia	12:00-13:00 Zumba - Sonia	16:00-17:15 Hip Hop - Memo
	C4			
So	C1		13:30-14:15 Fight Fitness - Jotis	
	C3	11:30-12:45 Yoga - Asja		

2. Woche 16.07.-22.07.18

Mo	C1	18:30-19:30 Tae Bow - Jenny S.	19:30-20:30 BBP - Victor Jimenez	C3 19:45-21:00 Power Yoga - Asja
	C4	18:30-19:30 Contemporary (Anf. m. Kenntn.) - Asja	20:30-21:30 Dancehall - Sofie	21:30-22:00 High Heels - Sofie
Di	C1	18:30-19:30 Fight Fitness - Jotis	19:30-20:30 YAB Workout - Christian	20:30-21:30 YAB Smart - Christian
	C4	18:15-19:15 Body Cross - Fabian	19:30-20:30 Pilates - Ebony	
Mi	C1	18:30-19:30 Zumba - Silvia	19:45-20:45 Reaggeton - Silvia	
	C4	18:30-19:30 House - Franklyn	19:30-20:15 Bauch Spezial - Mo	20:15-21:30 Cozy Hip Hop - Aleks
Do	C1	18:30-19:30 Langhantel Power - Mo	19:30-20:30 Fight Fitness - Jotis	20:30-21:30 Dancehall - Safija
	C4		19:15-20:15 Latin Jazz (Anfänger) - Asja	C3 20:15-21:15 Yoga - Asja
Fr	C1	18:15-19:15 Langhantel Power - Victor S.A.	19:15-20:15 High Impact Power Workout - Victor S.A.	
	C4	18:30-19:30 Zumba - Bärbel	19:30-20:30 Basic Hip Hop - Josi & Aleks	
Sa	C1	11:00-12:00 Deepwork - Sonia	12:00-13:00 Zumba - Sonia	16:00-17:15 Hip Hop - Memo
	C4			
So	C1	13:30-14:15 Fight Fitness - Jotis	14:45-15:45 Afro Fitness - Leroy	16:00-17:00 Dancehall - Leroy
	C3	11:30-12:45 Yoga - Asja		

3. Woche 23.07.-29.07.18

Mo	C1	18:30-19:30 Tae Bow - Jenny S.	19:30-20:30 BBP - Victor Jimenez	C3 19:45-21:00 Power Yoga - Asja
	C4	18:30-19:30 Contemporary (Anf. m. Kenntn.) - Asja	20:30-21:30 Dancehall - Sofie	21:30-22:00 High Heels - Sofie
Di	C1	18:30-19:30 Fight Fitness - Jotis	19:30-20:30 YAB Workout - Christian	20:30-21:30 YAB Smart - Christian
	C4	18:15-19:15 Body Cross - Fabian	19:30-20:30 Pilates - Ebony	
Mi	C1	18:30-19:30 House - Franklyn	19:30-20:45 Dancehall Fitness - Leroy	20:45-21:15 Dancehall Choreo - Leroy
	C4	18:30-19:30 Zumba - Silvia	19:30-20:15 Bauch Spezial - Mo	20:15-21:30 Cozy Hip Hop - Aleks
Do	C1	18:30-19:30 Langhantel Power - Mo	19:30-20:30 Fight Fitness - Jotis	20:30-21:30 Dancehall - Sofie
	C4		19:15-20:15 Latin Jazz (Anfänger) - Asja	C3 20:15-21:15 Yoga - Asja
Fr	C1	18:15-19:15 Langhantel Power - Victor S.A.	19:15-20:15 High Impact Power Workout - Victor S.A.	
	C4		19:30-20:30 Basic Hip Hop - Josi & Aleks	
Sa	C1	11:00-12:00 Deepwork - Sonia	12:00-13:00 Zumba - Sonia	16:00-17:15 Hip Hop - Memo
	C4			
So	C1	13:30-14:15 Fight Fitness - Jotis	14:45-15:45 Afro Fitness - Leroy	16:00-17:00 Dancehall - Leroy
	C3	11:30-12:45 Yoga - Asja		

Weitere Hinweise und Informationen:

Unsere Sommer-Outdoor-Spezials:

Outdoor 1: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel C. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 2: dienstags, 19:15-20:15 Uhr, Lauftreff im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 3: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 30.07.-05.08.18

Mo	C1	18:30-19:30 Tae Bow - Jenny S.	19:30-20:30 BBP - Victor Jimenez	C3 19:45-21:00 Power Yoga - Asja
	C4	18:30-19:30 Contemporary (Anf. m. Kenntn.) - Asja	20:30-21:30 Dancehall - Sofie	21:30-22:00 High Heels - Sofie
Di	C1	18:30-19:30 Fight Fitness - Jotis	19:30-20:30 YAB Workout - Christian	20:30-21:30 YAB Smart - Christian
	C4	18:15-19:15 Body Cross - Fabian	19:30-20:30 Pilates - Ebony	
Mi	C1	18:30-19:30 House - Franklyn	19:30-20:45 Dancehall Fitness - Leroy	20:45-21:15 Dancehall Choreo - Leroy
	C4	18:30-19:30 Zumba - Silvia	19:30-20:15 Bauch Spezial - Mo	20:15-21:30 Cozy Hip Hop - Aleks
Do	C1	18:30-19:30 Langhantel Power - Mo	19:30-20:30 Fight Fitness - Jotis	
	C4		19:15-20:15 Latin Jazz (Anfänger) - Asja	C3 20:15-21:15 Yoga - Asja
Fr	C1	18:15-19:15 Langhantel Power - Victor S.A.	19:15-20:15 High Impact Power Workout - Victor S.A.	
	C4	18:30-19:30 Zumba - Bärbel	19:30-20:30 Basic Hip Hop - Josi & Aleks	
Sa	C1	11:00-12:00 Deepwork - Sonia	12:00-13:00 Zumba - Sonia	16:00-17:15 Hip Hop - Memo
	C4			
So	C1	13:30-14:15 Fight Fitness - Jotis	14:45-15:45 Afro Fitness - Leroy	16:00-17:00 Dancehall - Leroy
	C3	11:30-12:45 Yoga - Asja		

5. Woche 06.08.-12.08.18

Mo	C1	18:30-19:30 Tae Bow - Jenny S.	19:30-20:30 BBP - Victor Jimenez	C3 19:45-21:00 Power Yoga - Asja
	C4	18:30-19:30 Contemporary (Anf. m. Kenntn.) - Asja	20:30-21:30 Dancehall - Safija	
Di	C1	18:30-19:30 Fight Fitness - Jotis	19:30-20:30 YAB Workout - Christian	20:30-21:30 YAB Smart - Christian
	C4	18:15-19:15 Body Cross - Fabian	19:30-20:30 Pilates - Ebony	
Mi	C1	18:30-19:30 House - Franklyn	19:30-20:45 Dancehall Fitness - Leroy	20:45-21:15 Dancehall Choreo - Leroy
	C4	18:30-19:30 Zumba - Silvia	19:30-20:15 Bauch Spezial - Mo	20:15-21:30 Cozy Hip Hop - Aleks
Do	C1	18:30-19:30 Langhantel Power - Mo	19:30-20:30 Fight Fitness - Jotis	20:30-21:30 Dancehall - Safija
	C4		19:15-20:15 Latin Jazz (Anfänger) - Asja	C3 20:15-21:15 Yoga - Asja
Fr	C1	18:15-19:15 Langhantel Power - Victor S.A.	19:15-20:15 High Impact Power Workout - Victor S.A.	
	C4	18:30-19:30 Zumba - Bärbel	19:30-20:30 Basic Hip Hop - Josi & Aleks	
Sa	C1	11:00-12:00 Deepwork - Sonia	12:00-13:00 Zumba - Sonia	16:00-17:15 Hip Hop - Memo
	C4			
So	C1	13:30-14:15 Fight Fitness - Jotis	14:45-15:45 Afro Fitness - Leroy	16:00-17:00 Dancehall - Leroy
	C3	11:30-12:45 Yoga - Asja		

6. Woche 13.08.-19.08.18

Mo	C1	18:30-19:30 Tae Bow - Jenny S.	19:30-20:30 BBP - Victor Jimenez	C3 19:45-21:00 Power Yoga - Asja
	C4	18:30-19:30 Contemporary (Anf. m. Kenntn.) - Asja		
Di	C1	18:30-19:30 Fight Fitness - Jotis	19:30-20:30 YAB Workout - Christian	20:30-21:30 YAB Smart - Christian
	C4	18:15-19:15 Body Cross - Fabian	19:30-20:30 Pilates - Ebony	
Mi	C1	18:30-19:30 House - Franklyn	19:30-20:45 Dancehall Fitness - Leroy	20:45-21:15 Dancehall Choreo - Leroy
	C4	18:30-19:30 Zumba - Silvia	19:30-20:15 Bauch Spezial - Mo	20:15-21:30 Cozy Hip Hop - Aleks
Do	C1	18:30-19:30 Langhantel Power - Mo	19:30-20:30 Fight Fitness - Jotis	20:30-21:30 Dancehall - Sofie
	C4		19:15-20:15 Latin Jazz (Anfänger) - Asja	C3 20:15-21:15 Yoga - Asja
Fr	C1	18:15-19:15 Langhantel Power - Victor S.A.	19:15-20:15 High Impact Power Workout - Victor S.A.	
	C4		19:30-20:30 Basic Hip Hop - Josi & Aleks	
Sa	C1	11:00-12:00 Deepwork - Sonia	12:00-13:00 Zumba - Sonia	16:00-17:15 Hip Hop - Memo
	C4			
So	C1	13:30-14:15 Fight Fitness - Jotis	14:45-15:45 Afro Fitness - Leroy	16:00-17:00 Dancehall - Leroy
	C3	11:30-12:45 Yoga - Asja		

Sommerprogramm 2018 – Studio Kieler Straße

Vom 09.07. - 19.08.2018



Alle Outdoor-Spezials findet ihr auf der Rückseite!
 Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp, finden wie gewohnt statt.
 Während des Sommerprogrammes dürfen alle Mitglieder in allen On Stage Studios trainieren!
 Hinweis: Das Sommerprogramm kann sich Woche für Woche ändern (auch die Räume).

1. Woche 09.07.-15.07.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:15 Pilates - Martina B.	20:15-21:30 Modern (Anfänger) - Martina B.
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Hip Hop - Alessandra	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo		
Sa	E1	12:30-13:45 Modern (Basis) - Martina B.	13:45-14:45 Pilates - Martina B.	
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

BR= Boxraum

Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
 Mittwoch 19:30-20:00 Uhr
 Freitag 19:30-20:00 Uhr

2. Woche 16.07.-22.07.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:15 Pilates - Martina B.	20:15-21:30 Modern (Anfänger) - Martina B.
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2		19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Martina B.	13:45-14:45 Pilates - Martina B.	
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

BR= Boxraum

Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
 Mittwoch 19:30-20:00 Uhr
 Freitag 19:30-20:00 Uhr

3. Woche 23.07.-29.07.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Island Vibes - Safija	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Mona S.		
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2			

Weitere Hinweise und Informationen:

Unsere Sommer-Outdoor-Spezials:

Outdoor 1: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel C. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 2: dienstags, 19:15-20:15 Uhr, Lauftreff im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 3: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 30.07.-05.08.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-20:30 Yoga - Lilian	BR 19:00-20:15 Fight Fitness Club - Kayes
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.		
	E2	18:30-19:30 Island Vibes - Safija	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Mona S.		
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

BR= Boxraum

Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
Mittwoch 19:30-20:00 Uhr
Freitag 19:30-20:00 Uhr

5. Woche 06.08.-12.08.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-19:30 Strong Core - Daniela H. 19:30-20:30 Yin Yoga - Daniela H.	BR 19:00-20:15 Fight Fitness Club - Kayes
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Hip Hop - Alessandra	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1			
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	

BR= Boxraum

Das Synrgy XL- Zirkeltraining findet während des Sommerprogrammes zu folgenden Zeiten statt:

Dienstag 18:15-18:45 Uhr
Mittwoch 19:30-20:00 Uhr
Freitag 19:30-20:00 Uhr

6. Woche 13.08.-19.08.18

Mo	E1	18:30-19:30 Power Workout - Victor S.A.	19:45-20:45 Langhantel Power - Victor S.A.	20:45-21:45 Hip Hop - Anchor Community Class
	E2	11:00-12:30 Body Workout - Sebastian	19:00-19:30 Strong Core - Daniela H. 19:30-20:30 Yin Yoga - Daniela H.	BR 19:00-20:15 Fight Fitness Club - Kayes
Di	E1	18:15-19:15 Ballett (Basis/Anfänger) - Sandra V.	19:15-20:30 Modern (Anfänger) - Sandra V.	
	E2	18:30-20:00 Kickbox Fitness - Brian	20:00-21:00 Zumba - Holger	
Mi	E1	18:30-19:30 Cross Training - Tibor	19:30-20:45 Bauchtanz (Anfänger) - Jaila	
	E2	18:30-20:00 Hip Hop - Josi	BR 19:00-20:15 Fight Fitness Club - Thomas	
Do	E1	18:30-19:30 High Impact Power Workout - Victor S.A.	19:30-20:30 Strong Power Yoga - Steffi H.	20:30-21:30 Yin Yoga - Steffi H.
	E2	18:30-19:30 Hip Hop - Alessandra	19:30-21:00 Box Training - Brian	
Fr	E1	18:15-19:15 YAB Workout - Christian	19:15-20:15 YAB Smart - Christian	
	E2	18:15-19:30 Hip Hop - Memo	19:30-20:30 Dancehall - Leroy (Chris Icon)	
Sa	E1	12:30-13:45 Modern (Basis) - Mona S.		
	E2	11:00-12:30 Yoga - Jana Ciura	12:30-13:30 Flexibility Training - Jana Ciura	16:00-17:30 Box Fitness - Brian
So	E1	11:00-12:15 Yoga & Stretching - Jerome	12:15-13:30 Ballett (Anfänger) - Jerome	
	E2	12:15-13:15 Pilates - Zasou	13:15-14:15 Complete Body Workout - Zasou	