

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		