

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		