

Sommerprogramm 2017 – Studio Am Felde

Vom 24.07. - 03.09.2017



Alle Outdoor-Spezials findet ihr auf der Rückseite!

Alle Vormittags-Kurse in den Studios Conventstraße und Krohnskamp finden wie gewohnt statt
Ausnahme: Conventstraße-Dienstags, Early Bird Yoga-Petra, Neu: 08:00-09:00

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 24.07.17-30.07.17

Mo	2.2	18:30-19:30 Contemporary (Anf.)-Lisa	19:45-20:15 Boxtraining-Jotis	21:00-22:00 Afro Fitness-Leroy
	2.3	18:30-19:45 BBP-Anna		
	2.5	18:15-19:45 Ballett (Anf.m.Ktn.)-Francisco	20:00-21:30 Yin Yoga-Matthias	
Di	2.2	18:15-19:15 Salsation-Jenny D.	19:15-20:15 BBP-Victor J.	20:45-21:45 Dancehall-Sofie
	2.3		21:00-22:00 Hip Hop (Master)-Memo	
	2.5	18:30-19:45 Ballett (Anf.)-Jerome	19:45-21:15 Ballett (Anf.m.Ktn.)-Jerome	
Mi	2.2	18:30-19:45 Modern (Anf.)-Jerome	19:15-20:15 Pilates-Tatjana	20:15-21:15 Leaps & Turns-Naduah
	2.3	18:15-19:15 Zumba-Plinio	19:45-20:30 Hip Hop-Jamel	20:30-21:15 Latinissimo-Jamel
	2.5	18:15-19:45 Ballett (Fortg.)- Hellena	19:45-21:15 Kickbox Fitness-Adem	2.2 21:15-22:00 Hip Hop Acrobatic-Naduah
Do	2.2	18:15-19:15 Zumba-Plinio	19:15-20:45 Jazz (Mittel)-Naduah	20:45-22:00 Latin Jazz (Anf.m.Ktn.)-Jerome
	2.3	18:15-19:30 Ballett (Basis)-Tomislav	19:30-20:45 Modern (Basis)-Tomislav	
	2.5	18:15-19:30 Ballett (Mittel)-Hellena	19:30-21:00 Yoga & Stretching-Irina	
Fr	2.2	18:30-19:30 BBP-Anna		
	2.3	18:15-19:15 Contemporary (Anf.)-Asja	19:15-20:30 Contemporary (Mittel)-Asja	
	2.5	18:30-20:00 Yin Yoga-Matthias	20:00-21:15 Ballett (Anf.m.Ktn.)-Tomislav	
Sa	2.2	14:00-15:00 Body Complete-Steven	17:15-18:15 Hip Hop-Reese	18:15-19:15 Hip Hop (Master)-Reese
	2.5	14:00-15:00 Modern (Mittel)-Tomislav	15:30-17:00 Ballett (Fortg.)-Jerome	
So	2.2	12:15-13:15 BBP-Jenny S.	13:15-14:30 Yoga-Jenny S.	
	2.5	14:00-15:30 Ballett (Mittel)-Tomislav	16:30-18:00 Modern Jazz (Mittel)-Jerome	

2. Woche 31.07.17-06.08.17

Mo	2.2	18:30-19:30 Contemporary (Anf.)-Lisa	19:45-20:15 Boxtraining-Jotis	21:00-22:00 Afro Fitness-Leroy
	2.3	18:30-19:45 BBP-Anna		
	2.5	18:15-19:45 Ballett (Anf.m.Ktn.)-Francisco	20:00-21:30 Yin Yoga-Matthias	
Di	2.2	18:15-19:15 Salsation-Jenny D.	19:15-20:15 BBP-Victor J.	20:45-21:45 Dancehall-Sofie
	2.3		21:00-22:00 Hip Hop (Master)-Memo	
	2.5	18:30-19:45 Ballett (Anf.)-Jerome	19:45-21:15 Ballett (Anf.m.Ktn.)-Jerome	
Mi	2.2	18:30-19:45 Modern (Anf.)-Jerome	19:15-20:15 Pilates-Zoe	20:15-21:15 Leaps & Turns-Naduah
	2.3	18:15-19:15 Zumba-Plinio	19:45-20:30 Hip Hop-Jamel	20:30-21:15 Latinissimo-Jamel
	2.5	18:15-19:45 Ballett (Fortg.)- Victor M.	19:45-21:15 Kickbox Fitness-Adem	2.2 21:15-22:00 Hip Hop Acrobatic-Naduah
Do	2.2	19:15-20:45 Modern Jazz (Mittel)-Amy	20:45-22:00 Latin Jazz (Anf.m.Ktn.)-Jerome	
	2.3	18:15-19:15 Zumba-Plinio		
	2.5	18:15-19:30 Ballett (Mittel)-Hellena	19:30-21:00 Yoga & Stretching-Irina	
Fr	2.2	18:30-19:30 BBP-Anna		
	2.3	18:15-19:15 Contemporary (Anf.)-Asja	19:15-20:30 Contemporary (Mittel)-Asja	
	2.5	18:30-20:00 Yin Yoga-Matthias		
Sa	2.2	14:00-15:00 Body Complete-Steven	17:15-18:15 Hip Hop-Reese	18:15-19:15 Hip Hop (Master)-Reese
	2.5		15:30-17:00 Ballett (Fortg.)-Jerome	
So	2.2	12:15-13:15 BBP-Jenny S.	13:15-14:30 Yoga-Jenny S.	
	2.5	14:00-15:30 Ballett (Mittel)-Hellena	16:30-18:00 Modern Jazz (Mittel)-Jerome	

3. Woche 07.08.17-13.08.17

Mo	2.1		19:30-21:00 Modern (Mittel)-Raul	21:00-22:00 Afro Fitness-Leroy
	2.3	18:30-19:45 BBP-Gabi	19:45-20:15 Boxtraining-Jotis	
	2.5	18:15-19:45 Ballett (Anf.m.Ktn.)-Francisco	20:00-21:30 Yin Yoga-Matthias	
Di	2.1	19:30-21:00 Modern Jazz (Mittel)-Raul		21:00-22:00 Hip Hop (Master)-Memo
	2.2	18:15-19:15 Salsation-Jenny D.	19:15-20:15 BBP-Victor J.	20:45-21:45 Dancehall-Alicia
	2.5	18:30-19:45 Ballett (Anf.)-Jerome	19:45-21:15 Ballett (Anf.m.Ktn.)-Jerome	
Mi	2.1	18:30-19:45 Modern (Anf.)-Raul		20:15-21:15 Leaps & Turns-Naduah
	2.2	18:15-19:15 Zumba-Plinio	19:15-20:15 Pilates-Zoe	2.1 21:15-22:00 Hip Hop Acrobatic-Naduah
	2.5	18:15-19:45 Ballett (Fortg.)- Victor M.	19:45-20:30 Hip Hop-Jamel	20:30-21:15 Latinissimo-Jamel
Do	2.2	18:15-19:15 Zumba-Plinio	19:15-20:45 Jazz (Mittel)-Naduah	20:45-22:00 Latin Jazz (Anf.m.Ktn.)-Jerome
	2.3			
	2.5	18:15-19:30 Ballett (Mittel)-Hellena	19:30-21:00 Yoga & Stretching-Sandra	
Fr	2.2	18:30-19:30 BBP-Anna		
	2.3	18:15-19:15 Contemporary (Anf.)-Asja	19:15-20:30 Contemporary (Mittel)-Asja	
	2.5	18:30-20:00 Yin Yoga-Matthias		
Sa	2.2	14:00-15:00 Complete Workout-Mona	17:15-18:15 Hip Hop-Reese	18:15-19:15 Hip Hop (Master)-Reese
	2.5		15:30-17:00 Ballett (Fortg.)-Jerome	
So	2.2	12:15-13:15 BBP-Jenny S.	13:15-14:30 Yoga-Jenny S.	
	2.5	14:00-15:30 Ballett (Mittel)-Hellena	16:30-18:00 Modern Jazz (Mittel)-Jerome	

Weitere Hinweise und Informationen:

Unsere Sommer-Outdoor-Spezials:

Outdoor 1: montags, 17:00-18:00 Uhr, Outdoor-Functional Training mit Daniel & Vujadin.
Treffpunkt: 17:00 Uhr an der Rezeption im Studio Kieler Straße.

Outdoor 2: montags, 19:45-21:00, Laufen/Zirkeltr.bei der Elbtreppe mit Daniel. Treffpunkt: 19:45 am Eingang Am Felde.

Outdoor 3: dienstags, 19:15-20:15 Uhr, Lauftreff im Stadtpark mit Akusi. Treffpunkt: 19:05 Uhr links vom Planetarium.

Outdoor 4: mittwochs, 09:00-10:00 Uhr, Senioren-Lauf im Stadtpark mit Akusi. Treffpunkt: 08:50 Uhr links vom Planetarium.

4. Woche 14.08.17-20.08.17

Mo	2.1		19:30-21:00 Modern (Mittel)-Raul	
	2.2	18:30-19:45 BBP-Gabi	19:45-20:15 Boxtraining-Jotis	
	2.5	18:15-19:45 Ballett (Anf.m.Ktn.)-Francisco	20:00-21:30 Yin Yoga-Matthias	
Di	2.1	19:30-21:00 Modern Jazz (Mittel)-Raul		21:00-22:00 Hip Hop (Master)-Memo
	2.2	18:15-19:15 Salsation-Jenny D.	19:15-20:15 BBP-Victor J.	20:45-21:45 Dancehall-Alicia
	2.5	18:30-19:45 Ballett (Anf.)-Jerome	19:45-21:15 Ballett (Anf.m.Ktn.)-Jerome	
Mi	2.1	18:30-19:45 Modern (Anf.)-Raul	19:15-20:15 Pilates-Tatjana	20:15-21:15 Leaps & Turns-Naduah
	2.5	18:15-19:45 Ballett (Fortg.)- Victor M.		2.1 21:15-22:00 Hip Hop Acrobatic-Naduah
	2.7	18:15-19:15 Zumba-Plinio	19:45-20:30 Hip Hop-Jamel	20:30-21:15 Latinissimo-Jamel
Do	2.1	19:15-20:45 Modern Jazz (Mittel)-Amy	20:45-22:00 Latin Jazz (Anf.m.Ktn.)-Jerome	
	2.2	18:15-19:15 Zumba-Plinio		
	2.5	18:15-19:30 Ballett (Mittel)-Hellena	19:30-21:00 Yoga & Stretching-Sandra	2.7 19:15-20:30 Hip Hop Freestyle -Can
Fr	2.1	18:15-19:15 Contemporary (Anf.)-Asja	19:15-20:30 Contemporary (Mittel)-Asja	
	2.2	18:30-19:30 BBP-Anna		
	2.5	18:30-20:00 Yin Yoga-Anca		
Sa	2.2	14:00-15:00 Complete Workout-Mona	17:15-18:15 Hip Hop-Reese	18:15-19:15 Hip Hop Master-Reese
	2.5		15:30-17:00 Ballett (Fortg.)-Jerome	
So	2.2	12:15-13:15 BBP-Jenny S.	13:15-14:30 Yoga-Jenny S.	
	2.5	14:00-15:30 Ballett (Mittel)-Hellena	16:30-18:00 Modern Jazz (Mittel)-Jerome	

5. Woche 21.08.17-27.08.17

Mo	2.1		19:30-21:00 Modern (Mittel)-Raul	
	2.2	18:30-19:45 BBP-Gabi	19:45-20:15 Boxtraining-Jotis	
	2.5	18:15-19:45 Ballett (Anf.m.Ktn.)-Francisco	20:00-21:30 Yin Yoga-Saskia	
Di	2.1	19:30-21:00 Modern Jazz (Mittel)-Raul		21:00-22:00 Hip Hop (Master)-Memo
	2.2	18:15-19:15 Salsation-Jenny D.	19:15-20:15 BBP-Victor J.	20:45-21:45 Dancehall-Alicia
	2.5	18:30-19:45 Ballett (Anf.)-Jerome	19:45-21:15 Ballett (Anf.m.Ktn.)-Jerome	
Mi	2.1	18:30-19:45 Modern (Anf.)-Raul		20:15-21:15 Leaps & Turns-Naduah
	2.5	18:15-19:45 Ballett (Fortg.)- Victor M.	19:15-20:15 Pilates-Tatjana	2.1 21:15-22:00 Hip Hop Acrobatic-Naduah
	2.7	18:15-19:15 Zumba-Plinio	19:45-20:30 Hip Hop-Jamel	20:30-21:15 Latinissimo-Jamel
Do	2.1	18:15-19:15 Zumba-Plinio	19:15-20:45 Jazz (Mittel)-Naduah	20:45-22:00 Latin Jazz (Anf.m.Ktn.)-Jerome
	2.2	18:15-19:30 Ballett (Basis)-Tomislav	19:30-20:45 Modern (Basis)-Tomislav	
	2.5	18:15-19:30 Ballett (Mittel)-Hellena	19:30-21:00 Yoga & Stretching-Sandra	2.7 19:15-20:30 Hip Hop Freestyle -Can
Fr	2.1	18:15-19:15 Jazz (Anf.)-Sonia	19:15-20:45 Jazz (Fortg.)-Sonia	
	2.2	18:30-19:30 BBP-Anna		
	2.5	18:30-20:00 Yin Yoga-Anca	20:00-21:15 Ballett (Anf.m.Ktn.)-Tomislav	
Sa	2.2	14:00-15:00 Complete Workout-Gabi	17:15-18:15 Hip Hop-Reese	18:15-19:15 Hip Hop (Master)-Reese
	2.5	14:00-15:00 Modern (Mittel)-Tomislav	15:30-17:00 Ballett (Fortg.)-Jerome	
So	2.2	12:15-13:15 BBP-Jenny S.	13:15-14:30 Yoga-Jenny S.	
	2.5	14:00-15:30 Ballett (Mittel)-Tomislav	16:30-18:00 Modern Jazz (Mittel)-Jerome	

6. Woche 28.08.17-03.09.17

Mo	2.1		19:30-21:00 Modern (Mittel)-Raul	
	2.2	18:30-19:45 BBP-Gabi	19:45-20:15 Boxtraining-Jotis	
	2.5	18:15-19:45 Ballett (Anf.m.Ktn.)-Francisco	20:00-21:30 Yin Yoga-Saskia	
Di	2.1	19:30-21:00 Modern Jazz (Mittel)-Raul		21:00-22:00 Hip Hop (Master)-Memo
	2.2	18:15-19:15 Salsation-Jenny D.	19:15-20:15 BBP-Victor J.	20:45-21:45 Dancehall-Alicia
	2.5	18:30-19:45 Ballett (Anf.)-Jerome	19:45-21:15 Ballett (Anf.m.Ktn.)-Jerome	
Mi	2.1	18:30-19:45 Modern (Anf.)-Raul	19:15-20:15 Pilates-Tatjana	20:15-21:15 Leaps & Turns-Naduah
	2.5	18:15-19:15 Zumba-Plinio	19:45-21:15 Kickbox Fitness-Adem	2.1 21:15-22:00 Hip Hop Acrobatic-Naduah
	2.7	18:15-19:45 Ballett (Fortg.)- Victor M.	19:45-20:30 Hip Hop-Jamel	20:30-21:15 Latinissimo-Jamel
Do	2.1	18:15-19:15 Zumba-Plinio	19:15-20:45 Jazz (Mittel)-Naduah	20:45-22:00 Latin Jazz (Anf.m.Ktn.)-Jerome
	2.2	18:15-19:30 Ballett (Basis)-Tomislav	19:30-20:45 Modern (Basis)-Tomislav	
	2.5	18:15-19:30 Ballett (Mittel)-Hellena	19:30-21:00 Yoga & Stretching-Sandra	2.7 19:15-20:30 Hip Hop Freestyle -Can
Fr	2.1	18:15-19:15 Jazz (Anf.)-Sonia	19:15-20:45 Jazz (Fortg.)-Sonia	
	2.2	18:30-19:30 BBP-Anna		
	2.5	18:30-20:00 Yin Yoga-Anca	20:00-21:15 Ballett (Anf.m.Ktn.)-Tomislav	
Sa	2.2	14:00-15:00 Complete Workout-Gabi	17:15-18:15 Hip Hop-Reese	18:15-19:15 Hip Hop (Master)-Reese
	2.5	14:00-15:00 Modern (Mittel)-Tomislav	15:30-17:00 Ballett (Fortg.)-Jerome	
So	2.2	12:15-13:15 BBP-Jenny S.	13:15-14:30 Yoga-Jenny S.	
	2.5	14:00-15:30 Ballett (Mittel)-Tomislav	16:30-18:00 Modern Jazz (Mittel)-Jerome	