

# Sommerprogramm 2017 – Studio Krohnskamp

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.

## 1. Woche 24.07.17-30.07.17

Mo	K1	19:15-20:15 Jazz (Basis)-Naduah	20:15-21:15 Jazz Technik (Anf.)-Naduah	<b>K3</b> 19:15-20:30 Ballett (Anf.)-Tomislav
	K2	18:15-19:15 BBP-Christian	19:15-20:15 Power Workout-Christian	
Di	K1	18:15-19:30 Hip Hop-Memo	20:00-21:00 Functional Body Fitness-Fabian	
	K2	18:15-19:30 Ballett (Anf.)-Francisco	19:30-20:30 Pilates-Miriam	
Mi	K1	18:15-19:45 Ballett (Basis)-Francisco	19:45-20:45 Ballett (Anf.m.Ktn.)-Francisco	
	K2	18:30-19:30 Functional Power-Tibor	19:30-20:00 Bauchmuskel Spezial-Akwasi	20:00-21:15 Yin Yoga-Matthias
Do	K1	18:15-19:45 Jazz (Anf.m.Ktn.)-Jerome	19:45-20:45 Thaibox Fitness-Tu Anh	
	K2		19:15-20:15 Dance Flash-Jamèl	20:15-21:15 High Impact Power Workout-Victor S.A.
Fr	K1		19:30-20:45 Ballett (Anf.m.Ktn.)-Amy	
	K2	18:15-19:15 Functional Body Fitness-Fabian	19:15-20:15 Hip Hop-Jamèl	
Sa	K1	11:00-12:30 Ballett (Anf.m.Ktn.)-Tomislav	12:30-13:45 Modern (Anf.m.Ktn.)-Amy	16:30-18:00 Modern Jazz Ü33 (Basis)-Amy
	K2		12:45-14:00 Yoga-Astrid	15:15-16:30 Hip Hop-Jeremias
So	K1	11:00-12:30 Yoga & Stretching-Sandra	12:30-14:00 Ballett (Anf.)-Elizabeth	14:00-15:15 Modern (Anf.m.Ktn.)-Elizabeth
	K2	12:30-13:30 BBP-Steven		

## 2. Woche 31.07-06.08.17

Mo	K1	19:15-20:15 Jazz (Basis)-Naduah	20:15-21:15 Jazz Technik (Anf.)-Naduah	<b>K3</b> 19:15-20:30 Ballett (Anf.)-Tomislav
	K2	18:15-19:15 BBP-Christian	19:15-20:15 Power Workout-Christian	
Di	K1	18:15-19:30 Hip Hop-Memo	20:00-21:00 Functional Body Fitness-Fabian	
	K2	18:15-19:30 Ballett Workout-Zoe	19:30-20:30 Pilates-Miriam	
Mi	K1	18:15-19:45 Ballett (Basis)-Francisco	19:45-20:45 Ballett (Anf.m.Ktn.)-Francisco	
	K2	18:30-19:30 Functional Power-Tibor	19:30-20:00 Bauchmuskel Spezial-Akwasi	20:00-21:15 Yin Yoga-Matthias
Do	K1	18:15-19:45 Jazz (Anf.m.Ktn.)-Jerome	19:45-20:45 Thaibox Fitness-Tu Anh	
	K2		19:15-20:15 Dance Flash-Jamèl	20:15-21:15 High Impact Power Workout-Victor S.A.
Fr	K1		19:30-20:45 Ballett (Anf.m.Ktn.)-Amy	
	K2	18:15-19:15 Functional Body Fitness-Fabian	19:15-20:15 Hip Hop-Jamèl	
Sa	K1		12:30-13:45 Modern (Anf.m.Ktn.)-Amy	16:30-18:00 Modern Jazz Ü33 (Basis)-Amy
	K2		12:45-14:00 Yoga-Astrid	
So	K1	11:00-12:30 Yoga & Stretching-Matthias	12:30-14:00 Ballett (Anf.)-Amy	14:00-15:15 Modern (Anf.m.Ktn.)-Amy
	K2	12:30-13:30 BBP-Steven		

## 3. Woche 07.08.17-13.08.17

Mo	K1	19:15-20:15 Jazz (Basis)-Naduah	20:15-21:15 Jazz Technik (Anf.)-Naduah	
	K2	18:15-19:15 BBP-Christian	19:15-20:15 Power Workout-Christian	
Di	K1	18:15-19:30 Hip Hop-Memo	20:00-21:00 Functional Body Fitness-Fabian	
	K2	18:15-19:30 Ballett Workout-Zoe	19:30-20:30 Pilates-Brigitte	
Mi	K1	18:15-19:45 Ballett (Basis)-Francisco	19:45-20:45 Ballett (Anf.m.Ktn.)-Francisco	
	K2	18:30-19:30 Functional Power-Tibor	19:30-20:00 Bauchmuskel Spezial-Akwasi	20:00-21:15 Yin Yoga-Matthias
Do	K1	18:15-19:45 Jazz (Anf.m.Ktn.)-Jerome	19:45-20:45 Thaibox Fitness-Tu Anh	<b>K3</b> 18:45-20:00 Yoga-Felicia
	K2		19:15-20:15 Dance Flash-Jamèl	20:15-21:15 High Impact Power Workout-Victor S.A.
Fr	K1	18:15-19:30 Ballett Workout-Valeria	19:30-20:45 Ballett (Anf.m.Ktn.)-Valeria	
	K2	18:15-19:15 Functional Body Fitness-Fabian	19:15-20:15 Hip Hop-Jamèl	
Sa	K1		12:30-13:45 Modern (Anf.m.Ktn.)-Brigitte L.	16:30-18:00 Modern Jazz Ü33 (Basis)-Petra
	K2		12:45-14:00 Yoga-Astrid	
So	K1	11:00-12:30 Yoga & Stretching-Sandra	12:30-14:00 Ballett (Anf.)-Elizabeth	14:00-15:15 Modern (Anf.m.Ktn.)-Elizabeth
	K2	12:30-13:30 BBP-Steven		

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, Laufftreff 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	K1	19:15-20:15 Jazz (Basis)-Naduah	20:15-21:15 Jazz Technik (Anf.)-Naduah	
	K2	18:15-19:15 BBP-Christian	19:15-20:15 Power Workout-Christian	
Di	K1	18:15-19:30 Hip Hop-Memo	20:00-21:00 Functional Body Fitness-Fabian	
	K2	18:15-19:30 Ballett Workout-Tatjana	19:30-20:30 Pilates-Miriam	
Mi	K1	18:15-19:45 Ballett (Basis)-Francisco	19:45-20:45 Ballett (Anf.m.Ktn.)-Francisco	
	K2	18:30-19:30 Functional Power-Tibor	19:30-20:00 Bauchmuskel Spezial-Akwasi	20:00-21:15 Yin Yoga-Matthias
Do	K1	18:15-19:45 Jazz (Anf.m.Ktn.)-Jerome	19:45-20:45 Thaibox Fitness-Tu Anh	<b>K3</b> 18:45-20:00 Yoga-Felicia
	K2		19:15-20:15 Dance Flash-Jamèl	20:15-21:15 High Impact Power Workout-Victor S.A.
Fr	K1	18:15-19:30 Ballett Workout-Valeria	19:30-20:45 Ballett (Anf.m.Ktn.)-Valeria	
	K2	18:15-19:15 Functional Body Fitness-Fabian	19:15-20:15 Hip Hop-Jamèl	
Sa	K1		12:30-13:45 Modern (Anf.m.Ktn.)-Amy	16:30-18:00 Modern Jazz Ü33 (Basis)-Petra
	K2		12:45-14:00 Yoga-Astrid	15:15-16:30 Hip Hop-Jeremias
So	K1	11:00-12:30 Yoga & Stretching-Sandra	12:30-14:00 Ballett (Anf.)-Amy	14:00-15:15 Modern (Anf.m.Ktn.)-Amy
	K2	12:30-13:30 BBP-Steven		

5. Woche 21.08.17-27.08.17

Mo	K1	19:15-20:15 Jazz (Basis)-Naduah	20:15-21:15 Jazz Technik (Anf.)-Naduah	<b>K3</b> 19:15-20:30 Ballett (Anf.)-Tomislav
	K2	18:15-19:15 BBP-Christian	19:15-20:15 Power Workout-Christian	
Di	K1	18:15-19:30 Hip Hop-Memo	20:00-21:00 Functional Body Fitness-Fabian	
	K2	18:15-19:30 Ballett Workout-Tatjana	19:30-20:30 Pilates-Miriam	
Mi	K1	18:15-19:45 Ballett (Basis)-Francisco	19:45-20:45 Ballett (Anf.m.Ktn.)-Francisco	
	K2	18:30-19:30 Functional Power-Tibor	19:30-20:00 Bauchmuskel Spezial-Akwasi	20:00-21:15 Yin Yoga-Anca
Do	K1	18:15-19:45 Jazz (Anf.m.Ktn.)-Jerome	19:45-20:45 Thaibox Fitness-Tu Anh	<b>K3</b> 18:45-20:00 Yoga-Felicia
	K2	18:15-19:15 Stretch & Conditioning-Simone	19:15-20:15 Dance Flash-Jamèl	20:15-21:15 High Impact Power Workout-Victor S.A.
Fr	K1	18:15-19:30 Ballett Workout-Valeria	19:30-20:45 Ballett (Anf.m.Ktn.)-Valeria	
	K2	18:15-19:15 Functional Body Fitness-Fabian	19:15-20:15 Hip Hop-Jamèl	
Sa	K1	11:00-12:30 Ballett (Anf.m.Ktn.)-Tomislav	12:30-13:45 Modern (Anf.m.Ktn.)-Amy	16:30-18:00 Modern Jazz Ü33 (Basis)-Petra
	K2		12:45-14:00 Yoga-Astrid	15:15-16:30 Hip Hop-Jeremias
So	K1	11:00-12:30 Yoga & Stretching-Sandra	12:30-14:00 Ballett (Anf.)-Elizabeth	14:00-15:15 Modern (Anf.m.Ktn.)-Elizabeth
	K2	12:30-13:30 BBP-Steven		

6. Woche 28.08.17-03.09.17

Mo	K1	19:15-20:15 Jazz (Basis)-Naduah	20:15-21:15 Jazz Technik (Anf.)-Naduah	<b>K3</b> 19:15-20:30 Ballett (Anf.)-Tomislav
	K2	18:15-19:15 BBP-Christian	19:15-20:15 Power Workout-Christian	
Di	K1	18:15-19:30 Hip Hop-Memo	20:00-21:00 Functional Body Fitness-Fabian	
	K2	18:15-19:30 Ballett Workout-Tatjana	19:30-20:30 Pilates-Miriam	
Mi	K1	18:15-19:45 Ballett (Basis)-Francisco	19:45-20:45 Ballett (Anf.m.Ktn.)-Francisco	
	K2	18:30-19:30 Functional Power-Tibor	19:30-20:00 Bauchmuskel Spezial-Akwasi	20:00-21:15 Yin Yoga-Anca
Do	K1	18:15-19:45 Jazz (Anf.m.Ktn.)-Jerome	19:45-20:45 Thaibox Fitness-Tu Anh	<b>K3</b> 18:45-20:00 Yoga-Felicia
	K2	18:15-19:15 Stretch & Conditioning-Simone	19:15-20:15 Dance Flash-Jamèl	20:15-21:15 High Impact Power Workout-Victor S.A.
Fr	K1	18:15-19:30 Ballett Workout-Valeria	19:30-20:45 Ballett (Anf.m.Ktn.)-Valeria	
	K2	18:15-19:15 Functional Body Fitness-Fabian	19:15-20:15 Hip Hop-Jamèl	
Sa	K1	11:00-12:30 Ballett (Anf.m.Ktn.)-Tomislav		16:30-18:00 Modern Jazz Ü33 (Basis)-Petra
	K2		12:45-14:00 Yoga-Petra P.	15:15-16:30 Hip Hop-Jeremias
So	K1	11:00-12:30 Yoga & Stretching-Sandra	12:30-14:00 Ballett (Anf.)-Elizabeth	14:00-15:15 Modern (Anf.m.Ktn.)-Elizabeth
	K2	12:30-13:30 BBP-Steven		