

Kursplan

| Montag | | | | Dienstag | | | | Mittwoch | | | |
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| Dance Zone | Body Zone | Club Zone | VIP Zone | Dance Zone | Body Zone | Club Zone | VIP Zone | Dance Zone | Body Zone | Club Zone | VIP Zone |
| 17:00 Beginner Ds Dance Club Teens 17:00-18:00 | Advanced Ds Kids Club 9-11 Jahre 17:00-18:00 | | | 17:00 Beginner Hip Hop Teens 17:00-18:00 | Beginner Ds Kids Club 6-11 Jahre 17:00-18:00 | | | 17:00 Beginner Dancehall Teens 17:30-18:30 | Beginner Ds Kids Club 6-11 Jahre 17:00-18:00 | Beginner Hip Hop Teens 17:00-18:00 | |
| 18:00 Tanzfitness Move Latin Adults 18:00-19:00 | Firmenfitness Geschlossener Kurs 18:00-19:00 | | Strong Back Fitness Adults 18:00-19:00 | 18:00 all Level Hip Pop Teens 18:00-19:00 | Advanced Ds Kids Club 9-11 Jahre 18:00-19:00 | Advanced Hip Hop Teens / Adults 18:00-19:30 | | 18:00 Beginner Hip Hop Teens / Adults 18:30-20:00 | | Intermediate Ds Dance Club Teens 18:00-19:00 | Tanz dich fit! Tanzfitness Adults 18:00-19:00 |
| 19:00 Tanzfitness Tanz dich fit! Adults 19:00-20:00 | Beginner House Teens / Adults 19:00-20:15 | Beginner Pole Dance Adults 18:30-20:00 | Fitness Bootcamp Adults 19:00-20:00 | 19:00 all Level Pop Ü25 Adults 19:00-20:00 | Beginner High Heels Teens / Adults 19:00-20:00 | Teens / Adults Contemporary 18:00-19:30 | Beginner Hip Hop Basics Teens / Adults 18:30-19:30 | 19:00 Advanced Hip Hop Teens / Adults 18:30-20:00 | Beginner Lady Hip Hop Teens / Adults 19:00-20:00 | Beginner Open Class Teens / Adults 19:00-20:00 | |
| 20:00 all Level Urban Contemporary Teens / Adults 20:15-21:30 | Interm. / Adv. House Teens / Adults 20:15-21:30 | Interm. / Adv. Pole Dance Adults 20:00-21:30 | | 20:00 Intermediate Commercial Teens / Adults 20:00-21:30 | | Interm. / Adv. Adults 19:30-21:00 | Interm. / Adv. Hip Hop Basics Teens / Adults 19:30-21:00 | 20:00 Intermediate High Heels Teens / Adults 20:00-21:30 | Intermediate Hip Hop Teens / Adults 20:00-21:00 | Intermediate Modern Dance Adults 20:00-21:30 | |
| 21:00 | | | | 21:00 | | | | 21:00 | | | |
| Donnerstag | | | | Freitag | | | | Samstag | | | |
| Dance Zone | Body Zone | Club Zone | VIP Zone | Dance Zone | Body Zone | Club Zone | VIP Zone | Dance Zone | Body Zone | Club Zone | VIP Zone |
| | | Beginner Ds Kids Club 6-11 Jahre 17:00-18:00 | | 17:00 Intermediate Ds Dance Club Teens 17:00-18:00 | Beginner Ds Kids Club 6-11 Jahre 17:00-18:00 | Beginner Pole Dance Adults 17:00-18:30 | Companytraining Golden Crows Geschlossener Kurs 17:00-18:00 | 17:00 Companytraining Coplights Geschlossener Kurs 10:00-12:00 | | Companytraining Cheetahs Geschlossener Kurs 10:00-12:00 | |
| 18:00 Intermediate Hip Hop Teens / Adults 17:30-19:00 | Firmenfitness Geschlossener Kurs 18:00-19:30 | Tanzfitness Zumba Adults 18:00-19:00 | Firmenfitness Geschlossener Kurs 18:00-19:00 | 18:00 Advanced Ds Dance Club Teens 18:00-19:00 | Intermediate Hip Hop Teens / Adults 18:00-19:00 | Beginner Pole Dance Adults 18:30-20:00 | | 18:00 Beginner Hip Hop Teens / Adults 12:00-13:00 | Beginner Ds Kids Club 6-11 Jahre 12:00-13:00 | | |
| 19:00 Beginner Hip Hop Urban Teens / Adults 19:00-20:30 | Beginner Dancehall Teens 19:30-20:30 | Beginner Modern Jazz Teens / Adults 19:00-20:30 | Fitness Bootcamp Adults 19:00-20:00 | 19:00 | | | Intermediate Streetdance Teens / Adults 19:00-20:30 | 19:00 Companytraining Limitless Geschlossener Kurs 13:00-15:00 | | Beginner Pole Dance Adults 13:00-14:30 | |
| 20:00 Interm. / Adv. Hip Hop Urban Teens / Adults 20:30-21:45 | | Beginner Burlesque Teens / Adults 20:30-21:45 | | 20:00 Beginner Voguing Adults 20:00-21:30 | | Open Workshop Nicht wöchentlich, Termine, Inhalte und Preise werden gesondert veröffentlicht 20:00-21:30 | Intermediate Hip Hop Basics Teens / Adults 20:30-21:30 | 20:00 | | all Level Pole Dance Choreo Adults 14:30-16:00 | |
| 21:00 | | | | 21:00 | | | | 21:00 | | | |

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| | Tanzkurse für Kinder / Kids Classes |
| | Tanzkurse / Dance Classes |
| | Tanzfitnesskurse / Dance-Fitness-Classes |
| | Fitnesskurse / Fitness Classes |
| | geschlossene Kurse und Trainings / Classes and trainings not open to public |

Alle Kurse finden ab einer Mindestteilnehmerzahl von 4 Teilnehmern statt.
The minimum number of participants for all classes is 4.

gültig ab 01.04.2019