

# Kursplan

Montag				Dienstag				Mittwoch			
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 Advanced Ds Kids Club 9-11 Jahre 17:00-18:00		Beginner Ds Dance Club Teens 17:00-18:00		17:00 Beginner Hip Hop Teens / Adults 17:00-18:00	Beginner Ds Kids Club 6-11 Jahre 17:00-18:00			17:00 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 Dancehall Teens 18:00-19:00		Intermediate Hip Hop Teens / Adults 18:00-19:00	Tanz dich fit! 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	Beginner Teens / Adults 18:30-19:30		19:00 Intermediate Hip Hop Teens / Adults 19:00-20:00		Beginner Lady Hip Hop Teens / Adults 19:00-20:00	Firmenfitness Geschlossener Kurs 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. Contemporary 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		
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
17:00 Intermediate Hip Hop Teens / Adults 17:30-19:00	Firmenfitness	Beginner Ds Kids Club 6-11 Jahre 17:00-18:00		17:00 Intermediate Ds Dance Club Teens 17:00-18:00		Beginner Pole Dance Adults 17:00-18:30	Companytraining Golden Crowns 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 Beginner Hip Hop Urban Teens / Adults 19:00-20:30	Geschlossener Kurs Dancehall Teens 19:30-20:30	Beginner 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 Beginner Voguing Adults 20:00-21:30		Beginner Streetdance Teens / Adults 19:00-20:30		19:00-21:00 Companytraining Limitless Geschlossener Kurs 13:00-15:00		Beginner Pole Dance Adults 13:00-14:30	
20:00 Beginner Burlesque Teens / Adults 20:30-21:45		Interm. / Adv. Modern Dance 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	20:00-21:00 Companytraining Team Upgrade Geschlossener Kurs 15:00-17:00		all Level Pole Dance Choreo Teilnahme nur mit Vor Anmeldung! IG @aino_apple Adults 14:30-16:00	
21:00				21:00				21:00			

	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 01.06.2019