

Belegungs u. Trainingsplan - gültig ab 01.01.2024



			Saal 1	Saal 2	BIS	FAS	HAG	EBGS	OHG
Montag									
11:00		12:00							
16:15		17:15	Ballett 1 (S.S.)						
17:30	-	19:00		Yoga (M.S.)					
18:00		19:00	Discofox Anf. (B.W.)						
19:00	-	20:30	Discofox (B.W.)						
19:30	-	21:00		Yoga (M.S.)					
20:30	-	22:00						Madley (L.H.)	
Dienstag									
8:45	-	10:15		Yoga (M.S.)					
10:30	-	12:15		Yoga (M.S.)					
15:30	-	16:30	SD-JMC	Ballett V (L.H.)					
16:30	-	17:30		Ballett III (L.H.)					
17:30	-	18:30	Sunshine (L.H.)	Solo/Duo (L.H.)					
19:00	-	20:00	Discofox (E.G.)						
20:00	-	21:45	GSK I (K.R.)						
Mittwoch									
09:30		10:30	Aerobic (U.T.)						
15:30	-	17:00	SD-JMC (L.H.)						
17:00	-	18:00	Maravilla (L.H.)	Technik LaLuna (L.L.)					
18:00	-	19:30	Courage (L.H.)						
18:15	-	19:15		Technikgruppe (L.L.)					
19:30	-	20:45	Fortuna (L.H.)						
Donnerstag									
9:30		10:30	Zumba Gold (M.S.)						
17:00	-	18:00	Linedance 17 (S.P.)						
18:00	-	19:00	Linedance 18 (S.P.)						
19:00	-	20:00	Linedance 19 (S.P.)						
20:00	-	21:00	Shuffle Dance (K.T.)						
20:00	-	22:00			Madley (L.P.)				
20:30		22:00						XXX	
Freitag									
16:45	-	17:45	Kindertanz 1 (S.S.)						
18:00	-	19:00	Zumba Gold (M.S.)	Solo Latin (A.S.)					
19:00		22:00			Madley Sen.				
19:00	-	20:30	Standard/Latein (A.S.)						
20:30		22:00						XXX	
Samstag									
8:45	-	10:45							Sunshine (L,H.)
9:00	-	10:00	Kindertanz 2 (P.S.)						
9:00	-	13:00					Maravilla (L.P.)		
10:15	-	11:15	Tanzmäuse (P.S.)						
10:00	-	13:00				Madley			
10:45	-	12:45							Maravilla (L.H.)
11:30		13:00	Breitensport (P.S.)						
11:00	-	13:00					Sunshine		
12:45	-	15:00							Solo / Duo (L.H.)
13:00	-	15:00					Maravilla		
Sonntag									
09:30		10:30	Shuffle						
10:30		11:30							
11:00	-	14:00							JMC
12:30		13:30							
19:30	-	21:00	GSK II (E.G.)						