

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		9:00-10:15 Cardio-Pilates ★★★ Susanne	9:00-10:00 Pilates-Toning ★★ Susanne	9:15-10:15 Fit ab 60 ★ Susanne	9:30-11:00 Showgruppe "Sparx" Martina & Isabella
	9:30-10:30 (R) Pilates ★ Susanne				11:00-13:00 Showgruppe "Radx" Wittha
		14:30-15:30 Hip-Hop (ab 8) ★ Thanh		14:00-15:00 Krea-Kita (ab 5) ★ Susanne	
		15:30-16:30 Hip-Hop (Teens) ★★ Thanh		15:00-16:00 Pre-Hip-Hop (ab 6) ★★ Susanne	
		16:45-17:45 Hip-Hop (ab 11) ★ Ilaria	16:30-17:30 Hip-Hop (ab 9) ★ Lina	16:00-17:00 Hip-Hop Kids (ab 8) ★ Salome	
18:10-19:10 Cardio-Krafttraining ★★★ Paloma	17:45-18:45 Showgruppe "Onyx" Ivanna & Luca	18:00-19:00 Pilates ★★ Susanne	17:30-18:30 Hip-Hop (ab 10) ★★ Jael	18:15-19:15 Hip-Hop (Teens) ★★★ Luca	
19:10-20:10 Hip-Hop (Teens) ★ Sara	18:45-19:45 Hip-Hip (Kids) ★★ Valentina	19:10-20:10 Hip-Hop (ab 12) ★★ Donato	18:30-20:00 Showgruppe "Sparx" Martina & Isabella		
20:10-21:10 Hip-Hop (Adults) ★ Lina	19:45-20:45 Hip-Hop ★★★ Kevin				

★ Niveau 1
★★ Niveau 2
★★★ Niveau 3
(A) Im Aufbau
(R) Reinach