

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" Salome & Catalina
	9:25-10:25 (R) Pilates ★ Susanne				11:00-13:00 Showgruppe "RADX" Wittha
		14:30-15:30 Hip-Hop (ab 8) ★ Thanh		14:00-15:00 Kids-Dance (ab 5) ★ Susanne	
		15:30-16:30 Hip-Hop (Teens) ★★ Thanh		15:00-16:00 Pre-Hip-Hop (ab 6) ★ Lia	
		16:45-17:45 Hip-Hop (ab 12) ★ 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 (Teens) ★★ Jael	17:00-18:00 Hip-Hop (ab 10) ★★ Salome	
19:10-20:10 Hip-Hop (Teens) ★ Sara	18:45-19:45 Hip-Hip (Kids) ★★ Valentina	19:10-20:10 Hip-Hop (ab 13) ★★ Donato	18:30-20:00 Showgruppe "SPARX" Salome & Catalina	18:15-19:15 Hip-Hop (ab 17) ★★★ Luca	
20:10-21:10 Hip-Hop (Adults) ★ Lina	19:45-20:45 Hip-Hop ★★★ (A)			19:15-20:15 Showgruppe "ONYX" Ivanna & Luca	

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