

Stundenplan TanzLuft

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
SAAL 1	SAAL 2	SAAL 1	SAAL 2	SAAL 1	SAAL 2	SAAL 1	SAAL 2	SAAL 1	SAAL 2
			06:00 «ALLE GUTEN DINGE SIND 3»						
			07:15H YOGA						
			08:15H STRETCHING FÜR REITERINNEN						
			09:15H HULA HOOP FITNESS						
					14:00H YOGA				
					15:15H MEDITATION				
	15:30H BELLY DANCE								
						16:00H BALLETT			
16:30H HULA HOOP FITNESS	16:30H AERIAL YOGA KIDS				16:30H «ALLE GUTEN DINGE SIND 3»				
		17:15h POUND KIDS							
17:30H BUNGEEFLY KIDS									
	17:45H STRETCHING				17:45H STRETCHING FÜR REITERINNEN				
				18:00H POLE FITNESS BEGINNER		18:00H SALSA/ BACHATA			
		18:30h POUND Erwachsene	18:30H AERIAL YOGA						
	18:45H TRX								
							19:00H AERIAL HOOP		
				19:30H POLE FITNESS ADVANCED					
		19:45H BUNGEEFIT	19:45H TWERXOUT						
	20:00H YOGA								
					20:15H URBAN STYLE		20:15H AERIAL SLING		
				21:00H POLE FITNESS INTERMEDIATE					
		21:00H STANDARD TANZKURS							
	21:00H MEDITATION								
		22:00H WORKOUT							