

# Kursprogramm 2025

| MON                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | TUES                                                                                                                                                                                                                                                                                                                          | WED                                                                                                                                                                                                                                                                                                                                                                                   | THURS                                                                                                                                                                                                                                                                                                         | FRI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <b>TAKE A BREATH<br/>YOGA BASIC</b><br>Yvonne<br>9.00-10.10<br><b>KINDERBALLETT</b><br>3-6 Jahre<br>15.00-15.50<br>Yvonne<br><b>HIP HOP SHOW<br/>DANCE</b><br>ab 8J.<br>Yvonne 16.00-16.50<br><b>WETTKAMPF*<br/>FOUNDATION<br/>MINI/KIDS</b><br>2.EINHEIT<br>17.00-17.55<br>Yvonne<br><b>HIP HOP FUN CLASS<br/>FÜR TEENIES</b><br>ab 12. Jahre<br>18.00-18.50<br>Yvonne<br>Discoqueens & Kings<br>Tanzen f.Menschen mit<br>Beeinträchtigungen<br>Yvonne<br>19.00-20.00<br><b>HIP HOP FUN CLASS</b><br>Adults<br>Yvonne<br>20.15-21.15 | <b>BALLETT</b><br>7 Jahre<br>15.00-15.50<br>Yvonne<br><b>BALLETT</b><br>ab 10J<br>16.00-16.50<br>16.50-17.15 Zusatz<br>Spitze Anfänger**<br>Yvonne<br><b>FTB CREW *</b><br>Yvonne<br>17.15-18.35<br><b>TAP DANCE M/F</b><br>Yvonne<br>18.40-19.30<br><b>LET IT FLOW</b><br>Vinyasa Flow mit<br>Musik<br>Yvonne<br>19.40-20.55 | <b>RND MINIS*</b><br>WETTKAMPFGRUPPE<br>ab 7-9J.<br>Yvonne<br>15.00-15.55<br><b>HAPPY KIDS *</b><br>ab 7 J<br>Yvonne<br>16.00-17.20<br><b>Sunshinedancers</b><br>Tanzen f.Menschen mit<br>Beeinträchtigungen<br>Yvonne<br>17.30-18.30<br><b>TAP DANCE BASIC<br/>FÜR ANFÄNGER<br/>GEEIGNET</b><br>Yvonne<br>18.40-19.30<br><b>YOGA BASIC<br/>Abendroutine</b><br>Yvonne<br>19.50-21.00 | <b>STREETDANCE<br/>KIDS</b><br>STREETDANCE/<br>BREAKDANCE/HIP HOP<br>ab 8<br>Elisa<br>16.00-16.50<br><b>COOL KIDS *</b><br>mit Markus 17.00-<br>18.30 Uhr<br>2. Einheit im Tanzhaus<br>Mo 16.45-17.45<br><b>FOUNDATION<br/>CLASS</b><br>Michelle & Markus<br>18.30-19.30<br><b>Mighty Shakers</b><br>ab.19.35 | <b>KREATIVER<br/>KINDERTANZ</b><br>2,5-5 J.<br>Elisa<br>14.30 - 15.20<br><b>HIP HOP MINIS I</b><br>ab 6<br>Elisa<br>15.30-16.20<br><b>KIDDIES HIP HOP</b><br>ab 9-12J.)<br>Sylvia<br>16.30-17.20<br><b>CONTEMPORARY<br/>KIDS&amp;TEENS</b><br>empfohlen ab 8J.<br>Sylvia<br>17.30-18.20<br><b>LATIN DANCE<br/>WORKOUT</b><br>Adult<br>Yvonne<br>18.30-19.30<br><b>YOGA meets Music</b><br>Vinyasa Flow zur<br>Harfenmusik ( live)<br>Harmonium,<br>Handpan<br>Yvonne<br>19.40-20.55 |



\* Wettkampfgruppen \*\* Balletterfahrung notwendig

Rhythm and Dance

