

# 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><br><b>KINDERBALLETT</b><br>3-6 Jahre<br>15.00-15.50<br>Yvonne<br><br><b>HIP HOP SHOW<br/>DANCE</b><br>ab 9J.<br>Yvonne 16.00-16.50<br><br><b>WETTKAMPF*<br/>FOUNDATION</b><br>2.EINHEIT<br>17.00-17.55<br>Yvonne<br><br><b>HIP HOP FUN CLASS<br/>FÜR TEENIES</b><br>ab 12. Jahre mit<br>Vorkenntnissen<br>18.00-18.50<br>Yvonne<br><br><b>Discoqueens &amp; Kings</b><br>Tanzen f. Menschen mit<br>Beeinträchtigungen<br>Yvonne<br>19.00-20.00<br><br><b>HIP HOP FUN CLASS/<br/>PARENTSDIVISION</b><br>Adults<br>Yvonne<br>20.15-21.15 | <b>BALLETT /LYRICAL</b><br>7 Jahre<br>15.00-15.50<br>Yvonne <i>NEW!</i><br><br><b>BALLETT/LYRICAL</b><br>ab 10J<br>16.00-16.50<br>16.50-17.15 Zusatz<br>Spitze Anfänger**<br>Yvonne<br><br><b>FTB CREW *</b><br>Yvonne<br>17.15-18.35<br><br><b>TAP DANCE M/F</b><br>Yvonne<br>18.40-19.30<br><br><b>LET IT FLOW</b><br><b>Vinyasa Flow mit<br/>Musik</b><br>Yvonne<br>19.40-20.55 | <b>WETTKAMPF CREW 4</b><br><b>RND*</b><br><b>WETTKAMPFGRUPPE</b><br>ab 8J..<br>Yvonne<br>15.00-15.55<br><br><b>WETTKAMPF CREW4</b><br><b>RND *</b><br>ab 9J<br>Yvonne<br>16.00-17.20<br><br><b>Sunshinedancers</b><br>Tanzen f. Menschen mit<br>Beeinträchtigungen<br>Yvonne<br>17.30-18.30<br><br><b>HIP HOP TEENS</b><br><b>ANFÄNGER</b><br><b>AB 12 JAHREN</b><br>18,40-19.30<br>Elisa <i>NEW!</i><br><br><b>YOGA BASIC</b><br><b>Abendroutine</b><br>Yvonne<br>19.50-21.00 | <b>Wettkampf Crew 4</b><br><b>RND Anfänger</b><br><b>ab 7 JAHREN</b><br><b>Amelie</b> <i>NEW!</i><br><b>15.00-15.55</b><br><b>STREETDANCE</b><br><b>KIDS</b><br><b>STREETDANCE/<br/>BREAKDANCE/HIP HOP</b><br>ab 9<br>Amelie<br>16.00-16.50<br><br><b>WETTKAMPF CREW</b><br><b>4 RND*</b><br>AB 12J<br>mit Markus 17.00-<br>18.30 Uhr<br><br><b>2. Einheit im Tanzhaus</b><br><b>Mo 16.30 - 17.45</b><br><b>FOUNDATION CLASS</b><br><b>FÜR OPEN</b><br><b>KATEGORIE</b><br><b>TÄNZERINNEN</b><br>Michelle & Markus<br>18.30-19.30<br><br><b>Mighty Shakers</b><br>ab.19.35 | <b>KREATIVER<br/>KINDERTANZ</b><br><b>2,5-5 J.</b><br><b>Elisa</b><br><b>14.30 - 15.20</b><br><b>HIP HOP MINIS</b><br>ab 6 J.<br>Elisa<br>15.30-16.20<br><br><b>KIDDIES HIP HOP</b><br>ab 8-12J Elisa<br>16.30-17.20<br><br><b>MOVEMENT GRAVITY</b><br><b>ACROBATIC</b><br><b>BASICS FOR DANCERS</b><br><b>SABINE</b><br><b>17,30-18.20</b> <i>NEW!</i><br><br><b>LATIN DANCE</b><br><b>WORKOUT</b><br>Adult<br>Yvonne<br><b>18.30-19.30</b><br><br><b>YOGA meets Music</b><br><b>Vinyasa Flow zur</b><br><b>Harfenmusik ( live)</b><br><b>Harmonium,</b><br><b>Handpan</b><br>Yvonne<br>19.40-20.55 |



\* Wettkampfgruppen \*\* Balletterfahrung notwendig

Rhythm and Dance

