

|              | Montag                              |               |                                  | Dienstag  |                             |                                    | Mittwoch                              |                             |                             | Donnerstag                             |  |   | Freitag   |                             |                     | WOCHENENDE                                |                                 |
|--------------|-------------------------------------|---------------|----------------------------------|---|-----------------------------|------------------------------------|---------------------------------------|-----------------------------|-----------------------------|--|--|---|---|-----------------------------|---------------------|---|---------------------------------|
|              | Spiegelsaal                         | Studio        | Atelier                          | Spiegelsaal   | Studio                      | Atelier                            | Spiegelsaal                           | Studio                      | Atelier                     | Spiegelsaal                            | Studio                                     | Atelier                                     | Spiegelsaal   | Studio                      | Atelier             | Samstag                                   | Sonntag                         |
| 8.00 Uhr     |                                     |               |                                  |   |                             | 8.00 - 8.45<br>WSG                 |                                       |                             |                             |  |  |   |   |                             |                     |   |                                 |
| 9.00 Uhr     | 9.45-10.45<br>Feldenkrais           |               | 9.00 - 9.45<br>WSG               | 9.00-9.45 VHS<br>Fit durch<br>Bewegung  |                             | 9.15<br>Minitrampolin +<br>YoungGo | 9.45 -10.45 VHS<br>fitness für frauen |                             | 9.00 - 9.45<br>Physiolyates | 9.00 - 10.15<br>Hatha Yoga             |  | 9.00 - 9.45<br>WSG                          |   |                             |                     |   |                                 |
| 10.00 Uhr    | Feldenkrais                         |               |                                  | 9.4 - 10.30 VHS<br>Schongym   |                             |                                    |                                       |                             | 10.00 - 10.45<br>WSG        | ab Januar 2022                         |  | 10.00 - 10.45<br>WSG                        |   |                             |                     |   |                                 |
| 11.00 Uhr    | 11.00 -12.00<br>Feldenkrais         |               |                                  |   |                             | 11.00 - 11.45<br>WSG / PBB         |                                       |                             |                             |  |  |   |   |                             |                     | 11.00 -13.00 Uhr<br>WS 28.08.             | lyengar Yoga<br>11.00 - 13.00   |
| 12.00 Uhr    |                                     |               |                                  |   |                             |                                    |                                       |                             | <b>Rote</b>                 | <b>Schrift</b>                         | <b>bedeutet:</b>                           | <b>Kurs in<br/>PAUSE</b>                    |   |                             |                     | Entspannung mit<br>Klangschalen           | 26.09. / 31.10.                 |
| 13.00 Uhr    |                                     |               |                                  |   |                             |                                    |                                       |                             |                             |  |  |   |   |                             |                     |   |                                 |
| 14.00 Uhr    |                                     |               | 14.00 - 14.45<br>Hockergymnastik |   |                             |                                    |                                       |                             |                             |  |  |   |   |                             |                     |   | ATELIER 12.00<br>Hip Hop Fortg. |
| 15.00 Uhr    | 15.00 Dance<br>Room "Minis"         |               | 15.15 - 16.15<br>Ballett         | 15.15 - 16.45<br>Musikzwerge  |                             | 15.00 Dance<br>Room "Minis"        |                                       |                             | 15.15-16.15<br>Ballett      |  |  | 15.15 - 16.15<br>Ballett                    |   |                             |                     |   |                                 |
| 16.00 Uhr    |                                     |               | 16.15 - 17.15<br>Ballett         |   |                             | 16.00 - 17.00 Hip<br>Hop Kids      |                                       |                             | 16.15 - 17.15<br>Ballett    |  |  | 16.15 - 17.15<br>Ballett                    | 16.30 - 18.00                                       |                             |                     | 16.00 Tanzschule                          |                                 |
| 17.00 Uhr    | 17.00 - 18.00 Hip<br>Hop Kids       |               | 17.15 - 18.15<br>Ballett         |   |                             | 17.00 - 18.30                      | 17.00 - 18.00<br>Contemporary         | 17.00 - 18.00 Yin<br>Yoga   | 17.15 - 18.15<br>Ballett    | 17.0 - 18.00<br>Dance Room<br>VOGUEING | 17.30 - 19.00<br>Klangentsp. ab<br>Oktober | 17.15 - 18.15<br>Ballett                    | Video Clip  | 17.30 - 18.45<br>Hatha Yoga | 17.00<br>Tanzschule |   |                                 |
| 18.00 Uhr    | 18.30 - 20.00 Uhr<br>DDC Elementary |               | 18:30 - 19:15<br>WSG / PBB       | 18.00 - 19.00<br>Barre meets<br>Yoga  | 18.00 - 19.30<br>Hatha Yoga | Definition<br>Teens                | 18.00 - 19.30<br>Hatha Yoga           | 18.30 - 20.30<br>Dance Room | 18.15 -19.15<br>Ballett     | 18.00 - 19.30<br>Ashtanga Yoga         | Hatha Yoga<br>19.00 - 20.30                | 19.00 - 20.00<br>Minitrampolin +<br>YoungGo |   | Hatah Yoga                  | 18.00<br>Tanzschule |   |                                 |
| 19.00 Uhr    |                                     | 19.00 Pilates | 19.25 - 20.10<br>WSG mit Flexi   |   | 19.30 - 21.00               |                                    | Hatha Yoga                            | Formation DDC               | 19.30<br>Tanzschule         | 19.30 - 20.15<br>Physiolates           | Yoga                                       |   |   |                             |                     | 19.00 Tanzschule<br>Casinokreis           |                                 |
| 20.00 Uhr    |                                     |               |                                  |   | Biodanza                    |                                    | 19.30 - 20.15<br>WSG                  |                             | 20.30<br>Tanzschule         |  |  |   |   |                             |                     | 20.0 - 21.00<br>Tanzschule<br>Casinokreis |                                 |
| 21.00 Uhr    |                                     |               |                                  |   |                             |                                    |                                       |                             | bis 21.30<br>Tanzschule     |  |  |   |   |                             |                     |   |                                 |
| <b>FORUM</b> | 20.15 - 21.15 KickBo by Mao         |               |                                  | 17.00 Rückenschule WPS ??<br>18.30 - 20.00 Boxen for fun<br>20.15 - 21.15 KickBo by Mao |                             |                                    | 19.00 - 21.00 HapKiDo                 |                             |                             | 20.15 - 21.15 Kick Bo by Mao           |  |   | 17.00 - 17.45 Rückenschule<br>19.30 - 21.30 HapKido |                             |                     |   |                                 |