

KURSPLAN

SECRET MOVES & .WORKERS HALL

Gültig vom 09.12.2024 - 22.12.2024

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves
			09:30 - 10:30 Ballance Balls				09:30 - 10:30 Aerial Yoga			10:15 - 11:15 Basic		10:15 - 11:15 Intermediate	
10:00 - 11:00 Free Train	10:00 - 11:00 Free Train		10:30 - 11:15 WSG				10:30 - 11:15 WSG			11:30 - 12:30 Basic		11:15 - 12:15 Free Train	11:15 - 12:15 Free Train
										12:45 - 13:45 Extended		12:15 - 13:15 Extended	
										14:00 - 15:00 Probestunde		13:30 - 14:30 Basic	
16:00 - 17:00 Free Train		16:00 - 16:50 Kids ALLE	16:00 - 17:00 Free Train	16:00 - 17:00 Free Train	16:00 - 16:50 Kids ALLE	16:00 - 16:50 Kids ALLE	16:00 - 17:00 Free Train	16:00 - 17:00 Free Train	16:00 - 17:00 Free Train				
17:00 - 18:00 Pole Basic	17:00 - 17:45 BOP	17:00 - 17:50 Teens ALLE	17:00 - 17:45 Fitness Yoga	17:00 - 18:00 Free Train	17:00 - 17:50 Teens ALLE	17:00 - 17:50 Teens ALLE	17:00 - 17:45 BOP	17:00 - 18:00 Intermediate	17:00 - 17:45 Bungee				
18:15 - 19:15 Flexibility	18:00 - 19:00 Hoop Basic	18:15 - 19:15 Extended	18:00 - 19:00 Advanced	18:00 - 19:00 Basic	18:15 - 19:15 Basic	18:15 - 19:15 Technique	18:00 - 19:00 Heel	18:15 - 19:15 Extended	18:00 - 19:00 Aerial Yoga				
19:30 - 20:30 Pole Exten.	19:15 - 20:15 Hoop Exten.	19:30 - 20:30 Intermediate	19:15 - 20:15 Hoop Intern.	19:15 - 20:15 Extended	19:30 - 20:30 Barre	19:30 - 20:30 Technique	19:15 - 20:15 Advanced	19:30 - 20:30 Basic	19:00 - 20:00 Flexibility				
20:45 - 21:45 Pole Intern.	20:30 - 21:30 Hoop Intern.	20:45 - 21:45 Basic	20:30 - 21:15 Hoop Fit	20:30 - 21:30 Intermediate	20:30 - 21:30 Flexibility	20:45 - 21:45 Basic	20:30 - 21:30 Aerial Yoga	20:45 - 21:45 Extended	20:15 - 21:15 Heel Pole				

Öffnungszeiten Workers Hall :

Mo. - Fr. 08:30 - 22:00 Uhr
Sa. + So. 10:00 - 16:00 Uhr