

KURSPLAN ERWACHSENE



STANDORT BERNAU: SCHÖNFELDER WEG 31, 16321 BERNAU
STANDORT WANDLITZ: THÄLMANNSTR. 3, 16348 WANDLITZ

MONTAG

BERNAU
RAUM 1

18.30 | **HIP HOP** | **ab 16**
-20.00 | ★★★ | Marlon

BERNAU
RAUM 2

20.00 | **FIT & DANCE** | **Erw.**
-21.00 | | Cedrik

BERNAU
RAUM 3

WANDLITZ

DIENSTAG

10.00 | **PILATES** | **Erw.**
-11.00 | | Kathleen

19.00 | **BODY & MIND
SWING & RELAX** | **ab 16**
-20.30 | | Kathleen

20.30 | **DANCEHALL** | **ab 16**
-22.00 | ★★★ | Lara

19.30 | **FIT & DANCE** | **Erw.**
-21.00 | | Dani

MITTWOCH

20.30 | **GUNNARS
CLASS** | **ab 16**
-22.00 | ★★★ | Gunnar

19.00 | **TRIMM DICH FIT** | **Erw.**
-20.30 | | Kathi

DONNERSTAG

10.00 | **PILATES** | **Erw.**
-11.00 | | Kathleen

19.00 | **BODY & MIND
FLOW DANCE** | **ab 16**
-20.30 | | Kathleen

18.30 | **COMMERCIAL** | **ab 16**
-20.00 | ★★★ | Cedrik

19.00 | **HIP HOP Ü20** | **Erw.**
-20.30 | ★★★ | Hännah

20.30 | **MARLONS
CLASS** | **ab 16**
-22.00 | ★★★ | Marlon

FREITAG

20.00 | **FIT & DANCE** | **Erw.**
-21.00 | | Cedrik

20.00 | **HOUSE** | **ab 16**
-21.30 | ★★★ | Gunnar

SONNTAG

10.00 | **HIP HOP Ü30** | **Erw.**
-11.30 | ★★★ | Lisa & Cedrik

★★★ = Level **BEGINNER**

★★★ = Level **INTERMEDIATE**

★★★ = Level **ADVANCED**