

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
-20.30 | SWING & RELAX | ab 16
| Kathleen

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

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

MITTWOCH

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

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

DONNERSTAG

10.00 | PILATES | Erw.
-11.00 | | Kathleen

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

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

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

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

FREITAG

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**