

Stundenplan

4. Quartal 2024 (14.10.-21.12.2024)

| MONTAG | | | |
|-------------|---------------------|------|----------|
| Zeit | Kurs | Saal | Lehrer |
| 09.00-10.00 | #Low Impact | 1 | Monika |
| 09.00-10.00 | #EasyJumping | 4 | Janina |
| 10.00-11.00 | #Easy Fit | 1 | Monika |
| 10.00-11.00 | #Pilates | 2 | Chantal |
| 10.15-11.00 | #EIKi Tanzen | 3 | Melanie |
| 16.00-16.45 | Ballett MiniKids | 2 | Lisa |
| 16.00-16.45 | Streetdance MiniKi. | 7 | Christa |
| 16.00-17.00 | Breaking 1 | 4 | Nicu |
| 17.00-18.00 | Ballett Kids 1 | 2 | Lisa |
| 17.00-18.00 | HipHop Kids 1 | 7 | Christa |
| 17.00-18.00 | Breaking 2 | 4 | Nicu |
| 18.00-19.00 | HipHop Teens 1 | 7 | Christa |
| 18.00-19.00 | Breaking 3 | 4 | Nicu |
| 18.00-19.00 | Funct. Training | 1 | ChantG |
| 18.00-19.00 | WTP Paartanz 1 | 6 | Bianka |
| 18.00-19.00 | Zumba | 2 | Tanja |
| 18.15-19.15 | Jazz Technik | 3 | Lisa |
| 19.00-20.00 | Ballett Adults 1-2 | 4 | Clarissa |
| 19.00-20.00 | Ragga/D.Hall 2 | 7 | Salome |
| 19.00-20.00 | Power Yoga | 5 | Kim |
| 19.00-20.00 | WTP Paartanz 1 | 6 | Bianka |
| 19.15-20.15 | Zumba | 3 | Christa |
| 19.15-20.15 | EasyFit | 2 | Chantal |
| 19.15-20.15 | Jazz Teens 3 | 1 | Jenna |
| 20.00-21.00 | Ballett Adults 2-3 | 4 | Clarissa |
| 20.15-21.15 | Choreo Adults 3 | 1 | Diverse |
| 20.15-21.15 | Cardio Dance | 3 | Christa |
| 20.00-21.00 | WTP Paartanz 2 | 6 | Bianka |
| 20.15-21.15 | +PoleDance 1 | 7 | Maria |

| DIENSTAG | | | |
|-------------|-------------------|------|----------|
| Zeit | Kurs | Saal | Lehrer |
| 09.00-11.30 | SG Tanzmüsli | 6 | Melanie |
| 12.00-13.00 | Jumping | 4 | Sina/Bo |
| 16.00-16.45 | Ballett MiniKids | 2 | Paula |
| 16.00-16.45 | Breaking MiniKids | 4 | Naim |
| 17.00-18.00 | Ballett Kids 1 | 2 | Paula |
| 17.00-18.00 | Jazz Teens 1 | 3 | Caroline |
| 17.00-18.00 | Breaking 1 | 4 | Naim |
| 17.00-18.00 | HipHop Kids 1 | 1 | Lorena |
| 17.15-18.15 | HipHop Teens 2 | 7 | Bo/La |
| 18.00-19.00 | Ballett Kids 2 | 2 | Paula |
| 18.00-19.00 | Technik 1-2 | 3 | Caroline |
| 18.00-19.00 | Zumba | 4 | Ilona |
| 18.00-19.00 | Funct. Training | 1 | Lorena |
| 18.15-19.15 | HipHop Teens 3 | 7 | Bo/La |
| 19.00-20.00 | Technik 2-3 | 3 | Caroline |
| 19.00-20.00 | Salsa 1 | 6 | Rafael |
| 19.00-20.00 | Adipositas Zumba | 5 | Ilona |
| 19.15-20.15 | HipHop Adults 2 | 4 | Natascha |
| 19.15-20.15 | TaeBo | 1 | Renzo |
| 19.15-20.15 | Power Yoga | 7 | Bobby |
| 20.00-21.15 | Sphere Jazz Comp | 3 | Caroline |
| 20.15-21.15 | Afro Fusion | 4 | Natascha |
| 20.15-21.15 | HipHop Adults 1 | 7 | Bo/Me |
| 20.15-21.15 | Salsa 1-2 | 5 | Rafael |
| 20.15-21.15 | WTP Paartanz 3 | 6 | Bianka |

| MITTWOCH | | | |
|-------------|---------------------------|------|---------|
| Zeit | Kurs | Saal | Lehrer |
| 09.00-11.30 | SG Tanzmüsli | 6 | Lorena |
| 15.15-16.00 | Ballett MiniKids | 2 | Nadine |
| 15.15-16.00 | Streetdance MiniKi. | 7 | Christa |
| 16.00-17.00 | Ballett Kids 1 | 2 | Nadine |
| 16.00-17.00 | Music. Jazz Ki/Te | 1 | Julia |
| 16.00-16.45 | Streetdance MiniKi. | 7 | Christa |
| 17.00-18.00 | Ballett Kids 3 | 2 | Nadine |
| 17.00-18.00 | Ballett Teens 2 | 1 | Julia |
| 17.00-18.00 | HipHop Kids 1 | 3 | ChantG |
| 17.00-18.00 | HipHop Kids 2 | 7 | Christa |
| 17.00-18.00 | Breaking 1 | 4 | Granit |
| 18.00-19.00 | Ballett Förderklasse Kids | 2 | Nadine |
| 18.00-19.00 | Music. Jazz Teens 3 | 1 | Julia |
| 18.00-19.00 | HipHop Teens 1 | 7 | ChantG |
| 18.00-19.00 | UC Breaking Crew | 4 | Granit |
| 18.00-19.00 | Jumping | 3 | Sina/Bo |
| 19.00-20.00 | Breaking 3 | 4 | Granit |
| 19.00-20.15 | Steep Dance Crew | 3 | Bobby |
| 19.15-20.15 | Music. Jazz Adults 1 | 2 | Julia |
| 19.00-20.00 | Ragga/D.Hall 1 | 7 | Alena |
| 19.15-20.15 | Zumba | 1 | Christa |
| 19.15-20.15 | Low Impact | 5 | Monika |
| 19.15-20.15 | WTP Paartanz 2 | 6 | Bianka |
| 20.15-21.15 | HipHop Adults 3 | 4 | Laura |
| 20.15-21.15 | Jumping | 5 | Sina |
| 20.15-21.15 | WTP Paartanz 2 | 6 | Bianka |
| 20.15-21.15 | Salsa 3 | 7 | Rafael |

| DONNERSTAG | | | |
|-------------|---------------------|------|----------|
| Zeit | Kurs | Saal | Lehrer |
| 06.15-07.15 | Power Yoga | 7 | Bobby |
| 08.30-09.30 | Jazzgym. privat | 1 | Monika |
| 09.00-10.00 | #EasyJumping | 4 | Janina |
| 09.00-10.00 | #Zumba | 2 | Rafael |
| 09.00-11.30 | SG Tanzmüsli | 6 | Lorena |
| 09.30-10.30 | Jazzgymnastik | 1 | Monika |
| 16.00-16.45 | Ballett MiniKids | 2 | Claudia |
| 16.00-16.45 | Streetdance MiniKi. | 7 | Lorena |
| 16.00-17.00 | Akrobatik Mini/Kids | 3 | Leonie |
| 17.00-18.00 | Ballett Kids 1 | 2 | Claudia |
| 17.00-18.00 | HipHop Kids 1 | 7 | Lorena |
| 17.15-18.15 | Jazz Teens 1 | 3 | Caroline |
| 17.15-18.15 | HipHop Teens 1 | 5 | Laura |
| 17.15-18.15 | HipHop Kids 2 | 4 | Nicu |
| 18.00-19.00 | Ballett Kids 2 | 2 | Claudia |
| 18.00-19.00 | Bodyforming | 1 | Chantal |
| 18.00-19.00 | Heels | 7 | Rebecca |
| 18.15-19.15 | Jazz Teens 2 | 3 | Caroline |
| 18.15-19.15 | HipHop Teens 3 | 4 | Nicu |
| 18.15-19.15 | Zumba | 5 | Janina |
| 19.15-20.15 | Jazz Teens/Adults 3 | 3 | Caroline |
| 19.15-20.15 | HipHop Adults 1 | 5 | Nicu |
| 19.15-20.15 | Jumping | 4 | Sina |
| 19.15-20.15 | Pilates | 2 | Chantal |
| 19.15-20.15 | Salsation | 6 | Rafael |
| 19.15-20.15 | Zumba | 1 | Janina |
| 19.15-20.15 | +PoleDance 2-3 | 7 | Rebecca |
| 20.15-21.15 | Jazz Adults 2 | 3 | Caroline |
| 20.15-21.30 | Tanztheater Proj. | 1 | Nicu |
| 20.15-21.15 | +PoleDance 1 | 7 | Rebecca |
| 20.15-21.15 | WTP Paartanz 2 | 6 | Bianka |

| FREITAG | | | |
|-------------|-------------------------|------|----------|
| Zeit | Kurs | Saal | Lehrer |
| 09.00-11.30 | SG Tanzmüsli | 6 | Melanie |
| 15.00-16.00 | Akrobatik Mini/Kids | 3 | Leonie |
| 15.15-16.00 | Ballett MiniKids | 1 | Nadine |
| 15.15-16.00 | Ballett MiniKids | 2 | Claudia |
| 16.00-17.00 | Ballett Kids 1 | 1 | Nadine |
| 16.00-17.00 | Ballett Teens 3 | 4 | Claudia |
| 16.00-17.00 | Jazz Kids 1 | 2 | Leonie |
| 16.00-16.45 | Streetdance MiniKi. | 7 | Melanie |
| 16.00-17.00 | Akrobatik Teens 1 | 3 | Valentin |
| 17.00-18.00 | Jazz Kids 2 | 2 | Leonie |
| 17.00-18.00 | Ballett Förderkl. Teens | 4 | Claudia |
| 17.00-18.00 | HipHop Kids 1 | 7 | Livia |
| 17.00-18.00 | HipHop Kids 3 | 1 | Nad/Ilon |
| 17.00-18.00 | Akrobatik Teens 2 | 3 | Valentin |
| 18.00-19.00 | Ballett Kids 2 | 2 | Leonie |
| 18.00-19.00 | Ballett Spitze 1 | 3 | Claudia |
| 18.00-19.00 | Choreo Teens 3 | 7 | Diverse |
| 18.00-19.00 | House | 5 | Nicu |
| 18.00-19.15 | Tiny Dance Crew | 1 | Nad/Illo |
| 18.15-19.15 | Zumba | 4 | Corina |
| 19.00-20.00 | Ballett Spitze 2 | 3 | Claudia |
| 19.00-20.00 | Ragga/D.Hall 3 | 7 | Lea K. |
| 19.00-20.00 | Bodyforming | 2 | Chantal |
| 19.00-20.00 | Jumping | 5 | Sina |
| 19.00-20.00 | Salsa 1 | 6 | Rafael |

| SAMSTAG | | | |
|-------------|-----------------|------|---------|
| Zeit | Kurs | Saal | Lehrer |
| 09.00-10.00 | Power Yoga | 7 | Bo/Eli |
| 09.00-10.00 | Family Zumba | 1 | Chri/Ja |
| 10.00-11.00 | Funct. Training | 2 | Bo/Lo |

| SONNTAG | | | |
|-------------|----------------|------|---------|
| Zeit | Kurs | Saal | Lehrer |
| 10.00-13.00 | DCL Collective | 7 | Diverse |

Klassischer Sektor
Ballett | Jazz | Technik | Musical Jazz

Streetdance Sektor
HipHop | Breaking | Ragga/Dancehall | Afro

Groupfitness Sektor

Spezialkurse
EIKi | WTP | Salsa | Pole | Akro | Spielgruppe

Alter
MiniKids = 4-6 Jahre
Kids = 7-10 Jahre
Teens = 11-15 Jahre
Adults = ab 16 Jahren

Level
1 = Anfänger
2 = Mittelstufe
3 = Fortgeschritten
= für alle Levels

Groupfitness Bereich ab 16 Jahren | PoleFit ab 14 Jahren | PoleFit ab 14 Jahren | Ragga/Dancehall und Afro Fusion ab 12 Jahren | Technik ab 10 Jahren | Ballett Spitze ab 12 Jahren mit mind. 2 Jahren Balletterfahrung und mind. 1 zusätzlicher Ballettstunde pro Woche

Paartanzkurse sollten nach Möglichkeit zu zweit besucht werden.

Fettgedruckte Kurse finden nur bei genügend Anmeldungen statt. An diesen Kursen kann nur nach Absprache teilgenommen werden.

Kursivgedruckte Kurse sind Showgruppentrainings oder Förderklassen, in denen nicht geschuppert und nachgeholt werden kann.

Rote Kurse sind ausgebucht.
+ = dieser Kurs erfordert ein Abo Plus
= während diesem Kurs gibt es einen Kinderhütedienst

Der Kinderhütedienst findet im Saal 5 im DCL statt. Kosten pro Hütedienst sind CHF 5.00