



|        | Montag                                                                   | Dienstag                                                                              | Mittwoch                                                            | Donnerstag                                                                   | Freitag                                                          | Samstag                                                             | Sonntag                                               |
|--------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------|
| 9 Uhr  |                                                                          |                                                                                       |                                                                     |                                                                              |                                                                  |                                                                     |                                                       |
| 10 Uhr |                                                                          |                                                                                       |                                                                     | <b>Fit nach der Rückbildung</b><br>09:30 - 10:30<br>Vanessa Doll             |                                                                  |                                                                     |                                                       |
| 11 Uhr |                                                                          |                                                                                       |                                                                     | <b>Yoga Rückbildung</b><br>10:30 - 11:30<br>Vanessa Doll                     |                                                                  | <b>Pole Dance Pre-Intermediate</b><br>10:30 - 11:30<br>Carolin Junk | <b>Yoga Basic</b><br>10:30 - 11:30<br>Isabelle Salmon |
| 12 Uhr |                                                                          | <b>Pole Dance Beginner</b><br>11:30 - 12:30<br>Johanna Orlitzky                       | <b>Fit in der Rückbildung</b><br>11:30 - 12:30<br>Ane Seifland-Dyhr | <b>Yoga für Schwangere</b><br>11:30 - 12:30<br>Vanessa Doll                  |                                                                  | <b>Pole Dance Beginner</b><br>11:30 - 12:30<br>Carolin Junk         |                                                       |
| 13 Uhr |                                                                          | <b>Pole Dance Beginner</b><br>12:30 - 13:30<br>Johanna Orlitzky                       |                                                                     |                                                                              |                                                                  |                                                                     | <b>Slashpipe</b><br>12:30 - 13:30<br>Elena Vieten     |
| 14 Uhr |                                                                          |                                                                                       |                                                                     |                                                                              |                                                                  |                                                                     |                                                       |
| 15 Uhr |                                                                          |                                                                                       |                                                                     |                                                                              |                                                                  |                                                                     |                                                       |
| 16 Uhr |                                                                          |                                                                                       |                                                                     |                                                                              |                                                                  |                                                                     |                                                       |
| 17 Uhr | <b>Pole Dance Beginner</b><br>16:30 - 17:30<br>Maximilian Merlau         | <b>Latein Standard Tanzen 6-12 Jahre</b><br>16:30 - 17:30<br>Motsi Mabuse Tanzschule  |                                                                     |                                                                              |                                                                  |                                                                     |                                                       |
| 18 Uhr | <b>Pole Dance Beginner</b><br>17:30 - 18:30<br>Maximilian Merlau         | <b>Latein Standard Tanzen ab 13 Jahre</b><br>17:30 - 18:30<br>Motsi Mabuse Tanzschule |                                                                     |                                                                              | <b>Pole Dance Beginner</b><br>17:30 - 18:30<br>Maximilian Merlau |                                                                     |                                                       |
| 19 Uhr | <b>Pole Dance Pre-Intermediate</b><br>18:30 - 19:30<br>Maximilian Merlau | <b>Stretch &amp; Relax</b><br>18:30 - 19:30<br>Barbara Aigner                         | <b>Slashpipe</b><br>18:30 - 19:30<br>Elena Vieten                   | <b>Pole Dance Pre-Intermediate</b><br>18:30 - 19:30<br>Anna-Janine Bertuleit | <b>Pole Dance Beginner</b><br>18:30 - 19:30<br>Maximilian Merlau |                                                                     |                                                       |
| 20 Uhr | <b>Flexibility Yoga</b><br>19:30 - 20:30<br>Christian Kunze              | <b>Rücken&amp;Faszienfit</b><br>19:30 - 20:30<br>Barbara Aigner                       | <b>Pole Dance Beginner</b><br>19:30 - 20:30<br>Daniel Duerr         | <b>Pole Dance Intermediate</b><br>19:30 - 20:30<br>Anna-Janine Bertuleit     | <b>Pole Dance Beginner</b><br>19:30 - 20:30<br>Maximilian Merlau |                                                                     |                                                       |
| 21 Uhr | <b>After Work Yoga</b><br>20:30 - 21:30<br>Christian Kunze               |                                                                                       | <b>Pole Dance Beginner</b><br>20:30 - 21:30<br>Daniel Duerr         | <b>Pole Dance Pre-Intermediate</b><br>20:30 - 21:30<br>Anna-Janine Bertuleit |                                                                  |                                                                     |                                                       |
| 22 Uhr |                                                                          |                                                                                       |                                                                     |                                                                              |                                                                  |                                                                     |                                                       |