

STUNDENPLAN JANUAR 2025

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--|---|--|---|--|
| 9:00 - 10:00 Galina Yoga „Gesunder Start“ | 9:00 - 10:00 Silvia Yoga & Pilates | | 9:15 - 10:15 Silvia Bodyforming | 9:05 - 10:20 Manuela Ballett Erw. Stufe I |
| 10:15 - 11:15 Galina ElKi-Tanzen | | 10:45 - 12:00 Melinda Ballett Erw. Fort. | | 10:30 - 11:10 Manuela Mini Ballett |
| | | | | 14:10 - 15:00 Manuela Ballett Vorschule |
| | | 15:15 - 16:45 Manuela Ballett Förderklasse* | 15:00 - 15:50 Manuela Ballett Vorschule | 15:10 - 16:00 Manuela Ballett Vorschule |
| 16:00 - 17:00 Manuela Ballett 3. Klasse | 16:00 - 17:00 Maren Ballett 1. Klasse | 16:50 - 18:20 Manuela Ballett Teen. Spitzen | 16:00 - 17:00 Manuela Ballett 1. Klasse | 16:00 - 17:00 Manuela Ballett 2. Klasse |
| 17:00 - 18:15 Manuela Ballett 5. Klasse | 17:00 - 18:00 Maria Contemporary Kids | | 17:00 - 18:00 Manuela Ballett 4. Klasse | |
| 18:15 - 19:30 Manuela Ballett 6. Klasse | 18:10 - 19:10 Maria Contemporary Teen/Erw. | 18:30 - 19:45 Manuela Ballett Erw. Stufe II | 18:15 - 19:45 Manuela Ballett Teen./Erw. Spitzen | 18:00 - 19:00 Galina Yogadance |
| 20:00 - 21:00 Silvia Yoga & Pilates | 19:40 - 20:40 Silvia Yoga & Pilates | | | 19:00 - 20:00 Galina Yoga „Wohlstunde“ |