



Stundenplan

www.dragon-dance.ch

Dance&Fitness Studio 1

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:00-10:00			Bauch Beine Po Amela			
10:00-11:00				Yoga Vital Maria		BBP/Jumping Amela
11:00-12:00						
12:00-13:00						
13:00-14:00						Ragga Dance 90 min Martina
14:00-15:00						
15:00-16:00						
16:00-17:00			Zumba Kids Amela		Hip Hop Kids Anfänger Amela	
17:00-18:00	Jazzdance Kids Alexandra		Hip Hop Kids Amela		Hip Hop Kids Fortgeschritten Amela	
18:00-19:00	Hip Hop Teens Fabienne		Firebird CREW		Hip Hop Teens ab 12 Amela	
19:00-20:00	Hip Hop Ladystyle Fabienne	TRX Amela	Hip Hop A/M Amela	Vital Yoga Maria	Dance Fighters CREW	
20:00-21:00	Zumba Fitness Amela	Coming soon The Mix by Piloxing Amela	Piloxing SSP Amela			
21:00-22:00						

