



Stundenplan ab Januar 2020

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
	STAGE 1	STAGE 2	STAGE 1	STAGE 2	STAGE 1	STAGE 2	STAGE 1	STAGE 2	STAGE 1	STAGE 2	STAGE 1	STAGE 2	STAGE 1	STAGE 2
VORMITTAG 06:00 - 12:00														
			09:00 - 10:00 YOGA - Gentle morning flow A / open class		09:00 - 10:00 BOOTCAMP T / A / S open class				08:30 - 09:30 Vinyasa morning flow A / open class 09:45 - 10:45 Jazz A / open class		09:00 - 10:00 BOOTCAMP T / A / S open class 10:30 - 11:30 Flexibilität T / A / S open class	09:00 - 11:00 Rock n Roll Akrobatik Turniertanz international (Paare)		
				10:15 - 11:15 Vinyasa power flow A / open class										
NACHMITTAG 12:00 - 17:00	12:00 - 13:00 BOOTCAMP T / A / S open class								12:00 - 13:00 BOOTCAMP T / A / S open class		11:00 - 13:30 Showgroup Dance & Acrobatic (Hip-Hop, Jazz, Contemporary, Swing und Solo-, Duo- sowie Groupacrobatic)		FLOHMARKT @ THE STAGE Jeden 2. Sonntag im Monat	
											Workshops und Spezialprogramm Infos via Facebook, Instagram und www.the-stage.ch/Events			
ABEND 17:00 - 23:00	17:00 - 18:00 Hip-Hop K (6-8 Jahre) Beg.		16:30 - 18:00 freies Training nur STAGE-Member	17:00 - 18:00 Breakdance K / Beg. / Med.	17:00 - 18:00 Tanzmäuse Hip-Hop K (3-5 Jahre) / Beg.	17:00 - 18:30 freies Training nur STAGE-Member	17:00 - 18:00 Tanzmäuse Hip-Hop K (3-5 Jahre) / Beg.		17:00 - 18:00 Rock 'n' Roll K / Beg. + Med.		18:00 - 20:00 freies Training nur STAGE-Member			
	18:00 - 19:00 Hip-Hop K (9-12) Med.	18:00 - 19:00 Urban Fusion T / A open class		18:00 - 19:00 Boogie Woogie T / A Beg.	18:00 - 19:00 Breakdance T / Beg. / Med.	18:00 - 19:00 Hip-Hop K (9-12 Jahre) / Med.	Reserviert für Vorträge (Tanz und Sport)	18:00 - 19:00 Hip-Hop K (9-12) / Beg./Med.	Pilates Extern	18:00 - 20:00 Rock n Roll Turniertanz (Paare)				
	19:00 - 20:00 Hip-Hop T (13-16) Med.	19:00 - 20:30 Salsa T / A Beg.	19:00 - 21:30 Showgroup Dance & Acrobatic (Hip-Hop, Jazz, Contemporary, Swing und Solo-, Duo- sowie Groupacrobatic)		19:00 - 20:00 Hip-Hop T (13-16 Jahre) /			19:00 - 20:00 Contemporary open class						
	20:00 - 21:30 Jazz T / A open class	20:30 - 22:00 Salsa T / A Med			20:00 - 21:30 Salsa T / A Beg.	20:00 - 21:00 KIZOMBA A / S Beg. 21:00 - 22:00 KIZOMBA A / S Med.	20:00 - 21:00 Ladystyle T / A Beg. 21:00 - 22:00 Ladystyle T / A Med.	20:00 - 21:00 Urban Fusion T / A open class 21:00 - 22:00 BOOTCAMP T / A open class	20:00 - 21:00 Rock n Roll Turniertanz (Formation) Ladies only					

Altersstufen: K = Kids 6-11 Jahren T = Teens 12-15 Jahren A = Adults ab 16 Jahren S = Seniors ab 60 Jahren
Levels: open class = alle Levels Beg. = Beginners Med. = Medium Adv. = Advanced Exp. = Expert