



PROGRAMM ERWACHSENE

| | ZEIT | KURS | LEHRPERSON | STUDIO |
|----------------------------|----------------------------|--|--------------------------------------|-----------------|
| Montag | 08:45-11:15 | RÜCKENGYMNASTIK BODYFIT & MORE | Jituš Nová | 2 |
| | 18:15-19:45 | BALLETT Mittelstufe | Linda Britschgi | 1 |
| | 18:30-19:30 | STANDARD LATIN | Ruth Linsenmaier | 2 |
| | 19:30-20:45 | STANDARD LATIN | Lisa Braga | 2 |
| | 19:00-20:00 | BARREWORKOUT | Denise Steiner | 5 |
| | 19:00-20:15 | BALLETT ERWACHSENE | Myrta Maria Müller | 4 |
| | 19:00-20:00 | Reserviert Probentraining | Catherine Sandwell-Meyer | 3 |
| | 19:45-20:45 | JAZZ | Ruth Linsenmaier | 1 |
| | DIENSTAG | 10:00-11:15 | ORIGINAL BALLETT-FIT | Linda Britschgi |
| 12:00-13:15 | | KARATE AM MITTAG FÜR FRAUEN | Eveline Wallimann | 4 |
| 18:00-19:00 | | PILATES | Malic Ramid Kuhn | 3 |
| 18:50-20:05 | | BODYFIT & MORE | Jituš Nová | 4 |
| 19:00-20:00 20:10-21:10 | | SALSA EMOTION Einsteiger 1 Einsteiger 2 | Beki Selishta Andrea Rinderknecht | 2/3 |
| 19:00-20:30 | | BALLETT (Anfänger & Mittelstufe) | Linda Britschgi | 1 |
| 20:30-22:00 | | MODERN | Kathrin Lustenberger | 1 |
| MITTWOCH | 08:45-11:15 | SENIORENGYMNASTIK BODYFIT & MORE | Jituš Nová | 2 |
| | 17:30-18:40 | PILATES (Anfänger) | Eveline Schnetzler | 4 |
| | 18:30-20:00 | BALLETT (Mittelstufe-Fortgeschritten) 20:00-20:30 Pointe | Linda Britschgi | 1 |
| | 19:00-20:15 | FAT-LESS BODYTONING | Eveline Schnetzler | 4 |
| | 19:00-20:00 20:10-21:10 | SALSA EMOTION Mittelstufe 1 Mittelstufe 2 | Beki Selishta Gemma Belmonte | 2 |
| | 19:15-20:30 | FLAMENCO Mittelstufe I | Renate Nunes | 3 |



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|----------------------------|----------------------------|---|---------------------------------|--------|
| DONNERSTAG | 13:00-14:00 | Reserviert TDC | | 1 |
| | 18:00-18:50 | RÜCKENGYMNASTIK PILATES | Esther Imfeld | 4 |
| | 18:30-19:45 | BALLETT-Anfänger | Linda Britschgi | 1 |
| | 19:00-20:15 | PILATES (Anfänger-Mittel) | Eveline Schnetzler | 5 |
| | 19:00-20:00 20:10-21:10 | SALSA EMOTION Mittelstufe 3 Fortgeschrittene 1 | Beki Selishta Gemma Belmonte | 2 |
| | 19:20-21:00 | IRISH DANCE | Manfred Trinkler | 3 |
| | 19:45-21:10 | ORIGINAL BALLETT-FIT | Linda Britschgi | 4 |
| | 19:55-21:10 | CONTEMPORARY | Olivia Lecomte | 1 |
| | FREITAG | 16:00-19:30 | Reserviert TDC | |
| 16:00-19:30 | | Reserviert TDC | | 5 |
| 19:00-20:00 20:10-21:10 | | Workshop SALSA EMOTION Fortgeschrittene 2 Fortgeschrittene 3 | Beki Selishta Martina Ramel | 2 |
| SAMSTAG | 10:00-13:00 | Reserviert TDC | | 5 |
| | 11:30-12:45 | BALLETT ANFÄNGER | Olivia Lecomte | 5 |
| | 15:00-17:00 | Reserviert SALSA | | 2(3) |
| SONNTAG | 10:00-11:00 | YOGA Ferriz-Ferriere Methode | | 5 |
| | 18:00-22:00 | STANDARD LATIN | Ruth Linsenmaier | 2 |
| | 19:15-20:30 | PERFORMANCE | | 3 |