

TIMETABLE-REVUE WORKOUT® STUDIO

MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG		
Uhrzeit	Angebot	Studio	Uhrzeit	Angebot	Studio	Uhrzeit	Angebot	Studio	Uhrzeit	Angebot	Studio
16:00 - 16:45	CCD Workout Basic	1 2	16:00 - 16:45	Umbrella Dance Workout Basic	1 2	16:00 - 16:45	Chairnastics - F2	1 2	16:00 - 16:45	CCD Workout Basic	1 2
17:00 - 17:45	Chairnastics - F2	1 2	17:00 - 17:45	CCD Basic - Bad Taste/Party Hits	1 2	17:00 - 17:45	Gogo Workout	1 2	17:00 - 17:45	Pin up Dance Workout Basic	1 2
18:00 - 18:45	Umbrella Dance Workout Basic	1 2	18:00 - 18:45	CCD Workout Basic - Summer Hits	1 2	18:00 - 18:45	TwerkOut	1 2	18:00 - 18:45	Revue Workout Basic	1 2
19:00 - 19:45	Pin up Dance Workout Basic	1 2	19:00 - 19:45	TwerkOut	1 2	19:00 - 19:45	CCD Workout Basic	1 2	19:00 - 19:45	Umbrella Dance Workout Basic	1 2
19:00 - 19:50	Twerk Dance Basic	2	19:00 - 19:45	Gogo & Club Dance Basic	2	19:00 - 19:50	Twerk Dance Basic	2	19:00 - 19:50	Twerk Dance Basic	2
20:00 - 20:45	TwerkOut	1	20:00 - 20:45	Lychastics & Pinastics - F2	1	20:00 - 20:50	Twerk Dance Advanced	1	20:00 - 20:45	Gogo Workout	1
20:00 - 20:50	Gogo & Club Dance Basic	2	20:00 - 20:45	Umbrellastics & Fanastics - F2	2	20:00 - 20:50	Gogo & Club Dance Advanced	2	20:00 - 20:50	Twerk Dance Advanced	2

FREITAG			SAMSTAG			SONNTAG		
Uhrzeit	Angebot	Studio	Uhrzeit	Angebot	Studio	Uhrzeit	Angebot	Studio
			10:00 - 10:45	Lyballetic Chair Workout - F1	1 2			
			11:00 - 11:45	Chairnastics - F2	1 2			
			12:00 - 12:45	Pin up Dance Workout Basic	1 2			
			13:00 - 13:50	Twerk Dance Basic	1			
				Chair Dance Basic	2			
				Twerk Dance Advanced	1			
				Chair Dance Advanced	2			
16:00 - 16:45	Pin up Dance Workout Basic	1 2						
17:00 - 17:45	CCD Workout Basic - Italo & Paris	1 2						
18:00 - 18:45	Lyballetic Chair Workout - F1	1						
18:00 - 18:50	Twerk Dance Basic-for men only	2						
19:00 - 19:45	TwerkOut	1						
19:00 - 19:50	Twerk Dance Basic	2						
20:00 - 20:50	Twerk Dance Basic	1 2						
21:00 - 22:00	Twerk Party	1						
	Bride Special	2						

T
R
A
I
N
E
R

A
C
A
D
E
M
Y



F1 = Fortgeschrittene 1
(Vorangehender Besuch mehrerer Basic Module wird empfohlen)
F2 = Fortgeschrittene 2
(Freestyle Stunde – ohne Erklärung, keine fixe Choreografie)
CCD = Chair Club Dance
Stundenplan gültig ab 01.01.2016. Änderungen vorbehalten.