

STUNDENPLAN A B 01. MÄRZ 2010

	MONTAG					DIENSTAG					MITTWOCH					DONNERSTAG					FREITAG					SAMSTAG					SONNTAG	
	Workout Zone 16:30 – 17:30 Gemeinsam gegen Übergewicht – Fun Fitness										Workout Zone 16:30 – 17:30 Gemeinsam gegen Übergewicht – Fun Fitness					Workout Zone 16:30 – 17:30 Gemeinsam gegen Übergewicht – Fun Fitness																
	Bahia	Brooklyn	BigStudio	Bombay	Barcelona	Bahia	Brooklyn	BigStudio	Bombay	Barcelona	Bahia	Brooklyn	BigStudio	Bombay	Barcelona	Bahia	Brooklyn	BigStudio	Bombay	Barcelona	Bahia	Brooklyn	BigStudio	Bombay	Barcelona	Bahia	Brooklyn	BigStudio	Bombay	Barcelona		
08:00 – 09:00																08:00 – 09:00 Yoga																
09:00 – 10:00	Pilates	09:30 – 10:30 Tots Yoga 8 Mo – 2 Jahre			Vermietet		In Shape			Vermietet	Pilates				Vermietet		In Shape					Gyro-kinesis										
10:00 – 11:00		10:45 – 11:45 Baby Yoga 6 Wo – 8 Mo						10:00 – 11:00 Step Choreo				10:00 – 11:00 Zumba					10:00 – 11:00 Step Choreo				10:00 – 11:00 Yoga für Schwangere	10:00 – 11:00 In Shape Dance										
11:00 – 12:00																						11:00 – 12:30 Ballett				10:30 – 11:30 Streetdance Kids 8 – 12 Jahre	10:30 – 11:30 Hip Hop Kids adv.	10:00 – 11:30 Pilates	10:30 – 11:30 Afro-dance	10:30 – 11:30 Hip Hop Kids I 5 – 7 Jahre		
12:00 – 13:00																										11:30 – 12:30 Hip Hop		11:30 – 12:30 Jazzdance Kids B 8 – 12 Jahre		11:30 – 12:30 Ragga Jam		
13:00 – 14:00																										12:30 – 13:30 Break-dance	12:30 – 13:30 Fun Fitness 9 – 17 Jahre	12:30 – 13:30 Kick Fun				
14:00 – 15:00																																
15:00 – 16:00	15:30 – 16:30 Happy Feet A 3 – 5 Jahre	16:30 – 17:30 Breakdance Kids I Ab 6 Jahre		15:30 – 16:30 Stretching	16:00 – 17:15 Tykes Yoga 2 – 4 Jahre											15:30 – 16:30 Happy Feet B 3 – 5 Jahre												15:00 – 16:30 Cheerdance Teens				
16:00 – 17:00	16:30 – 17:30 Hip Hop Kids adv. ab 8 Jahre		16:30 – 17:30 Hip Hop Kids II A 7 – 9 Jahre	16:30 – 17:30 Afro-dance		16:30 – 17:30 Jazzdance Kids A 8 – 12 Jahre		16:30 – 17:30 Breakdance Teens		16:30 – 17:30 Brazil Fit	16:30 – 17:30 Hip Hop Kids I 5 – 7 Jahre					16:30 – 17:30 Cheerdance Kids 6 – 10 Jahre	16:30 – 17:30 Cheerdance Peewees 6 – 10 Jahre	16:30 – 17:30 Hip Hop				16:00 – 17:00 Vermietet Ballet für Junge			16:30 – 17:30 Pilates	16:30 – 17:30 Capoeira Kids 8 – 12 Jahre	17:00 – 18:30 Ballett	17:00 – 18:30 House/Wacking	16:00 – 17:30 Parkour	16:30 – 17:30 Pilates	16:30 – 17:30 Breakdance Kids I – III 8 – 12 Jahre	17:00 – 18:00 House-dance
17:00 – 18:00	17:30 – 19:00 Hip Hop	17:30 – 18:30 Breakdance Kids II ab 8 Jahre	17:30 – 18:30 Hip Hop Kids III 10 – 12 Jahre	17:30 – 18:30 Hip Hop Kids IIB 7 – 9 Jahre	18:00 – 19:00 Vermietet	17:30 – 18:30 Akrobatik Kids 7 – 12 Jahre	17:30 – 18:30 Jazzdance Teens adv.	17:30 – 19:00 Vermietet		17:30 – 18:30 Jazzdance Teens	17:30 – 18:30 Breakdance Kids III 10 – 12 Jahre	17:30 – 18:30 Hip Hop Teens adv.	17:30 – 21:00 Vermietet			17:30 – 18:30 Cheerdance PW Technik 6 – 10 Jahre	18:00 – 19:30 Jazz-dance	18:00 – 19:30 Hip Hop Teens	17:30 – 18:30 House-dance		17:00 – 18:00 House-dance	18:00 – 19:00 Fitbox	18:00 – 21:00 Vermietet	17:30 – 18:30 Modellschule Kids 8 – 12 Jahre	17:30 – 18:30 In Shape	18:30 – 19:30 Ballett	18:30 – 19:30 House/Wacking	17:30 – 18:30 Hip Hop	17:30 – 18:30 Zumba			
18:00 – 19:00		18:30 – 19:30 Rücken Fit		18:30 – 19:30 Kick Fun	19:00 – 20:00 Vermietet Latin Jazz	18:30 – 19:30 Latin-dance	18:30 – 19:30 Modern Jazzdance	18:30 – 19:30 Pilates	19:00 – 20:30 Modern Afro Fusion	18:30 – 19:30 Kung Fu	18:30 – 19:30 Break-dance	18:30 – 19:30 Afro-dance			18:30 – 19:30 In Shape	18:30 – 19:30 Afro-dance	18:30 – 19:30 Jazz-dance	18:30 – 19:30 Cheerdance Juniors 11 – 16 Jahre	18:30 – 19:30 Fitbox		18:00 – 19:00 Vermietet	18:30 – 19:30 Popping	18:30 – 19:30 Step Choreo	18:30 – 19:30 Pilates	19:00 – 20:00 Vermietet Afro Samba							
19:00 – 20:00			19:30 – 20:30 Groove	19:30 – 20:30 Kardio Fit		19:30 – 20:30 Yoga-dance	19:30 – 20:30 In Shape	20:00 – 21:30 Hip Hop	20:30 – 22:00 Capoeira	19:30 – 20:30 Qi Gong	20:00 – 21:30 Soul-dance	19:30 – 20:30 Groove	20:30 – 21:30 Latin Kardio				19:30 – 20:30 Stretching	19:30 – 21:00 Groove	19:30 – 20:30 Cheerdance Jrs Technik 11 – 16 Jahre		19:00 – 21:00 Vermietet		19:30 – 21:45 Freies Training	19:30 – 21:00 Capoeira								
20:00 – 21:00			20:30 – 21:30 Break-dance	20:30 – 21:30 Stretching												20:30 – 21:30 Locking																
21:00 – 22:00																																

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Privatstunden (z.B. für Tanz, Yoga, Pilates) sowie Personal-Training-Stunden buchbar an der Rezeption!

LEGENDE

- Kurse für Kids/Teens**
- Preschoolers (3 – 5)
 - Kids (5 – 12)
 - Teens (13 – 17)

- Tanzen**
- Dance Beginners
 - Dance Advanced

- Fitness**
- Body & Fitness
 - More Qi
 - Eltern-Kind

Neue Kurse

Öffnungszeiten:

Mo-Fr: 08:00 – 22:00
 Sa, So: 09:00 – 20:00
 Feiertag: 09:00 – 22:00
 Linke Wienzeile 110, 1060 Wien
 Tel: 01/968 11 10
 empfang@bigsmileplace.com
 www.bigsmileplace.com

