

Kursplan Dance-ING / Ya Salam

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00			10:00 - 11:15 Bauchtanz 50+	10:00 - 11:15 OT - Fortgeschrittene		10:00 - 11:30 Burlesque- Dance	
10:30							
11:00							
11:30							
12:00						11:45 - 13:45 Bollywood- Dance	
12:30							
13:00							
13:30							
14:00							
14:30							14:00 - 17:00 Latin - Move s
15:00							14:30 - 17:00 Triba l- Fusio n
15:30							
16:00							
16:30							


17:30	17:30 - 19:30 Trommeln Dara buka	17:30 - 18:45 OT-Basiskurs 2	18:00 - 19:30 Bellesque	17:30 - 18:45 OT-Basiskurs 2	17:30 - 18:45 OT-Mittelstufe
18:00		18:45 - 20:00 OT-Fortgeschrittene		19:00 - 20:15 OT-Fortgeschrittene	19:00 - 20:15 OT-Technik-Kurs offenes Level jede 2. und 3. Do.
18:30		20:15 - 21:30 OT-Basiskurs 1		20:15 - 21:30 Tanztraining	20:30 - 21:45 Anima Sana Training
19:00		21:30 - 21:45 ATS			
19:30					
20:00					
20:30					
21:00					
21:30					

Legende:

- OT-Basiskurs 1
- Aufbaustufe
- OT-Basiskurs 2
- Mittelstufe
- Fortgeschrittene
- Projekt
- Workshop
- Standart Kurs
- Teenager
- Anfänger neu
- Anima Sana
- Technik Kurs
- Blockkurs
- Trommeln Darabuka
- Latin-Moves

 Progressive Muskelentspannung

 Bellesque

 Tanztraining div. Gruppen