

# KURSPLAN DANCE LOFT BY MARY

ab Januar 2026

| MONTAG                                                                       | DIENSTAG                                                                          | MITTWOCH                                                                                                                              | DONNERSTAG                                                                     | FREITAG                                                                 | SAMSTAG                                                                       | SONNTAG                                                                                                                                               |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STREETDANCE</b><br>KIDS 1/ KIDS 2<br>15:45 - 16:45<br>mit Mary und Daniel | <b>RÜCKENFIT/ BODY FORMING</b><br>ADULTS<br>09:30 - 10:30<br>mit Mary             |                                                                                                                                       |                                                                                | <b>RÜCKENFIT/ MOBILISATION</b><br>ADULTS<br>09:30 - 10:30<br>mit Daniel | <b>*PRIVAT-UNTERRICHT</b><br>09:00 - 12:00                                    |                                                                                                                                                       |
| <b>HIP-HOP/ STREET TEENS</b><br>16:45 - 17:45<br>mit Mary und Daniel         | <b>MIINI - HIPPER</b><br>KINDERTANZ 1<br>15:00 - 15:45<br>mit Marisa              |                                                                                                                                       | <b>HIP-HOP</b><br>KIDS 1<br>16:00 - 16:45<br>mit Bastian & Mary                |                                                                         | <b>FRIE ZEITFENSTER</b><br>für Kindergeburtstage<br>12:00 - 17:00<br>mit Team | <br><b>DISCOFOX TANZNACHMITTAG</b><br>1X IM MONAT<br>17:00 - 22:00 |
| <b>ZUMBA®</b><br>18:00 - 19:00<br>mit Flo                                    | <b>MIINI - HOPPER</b><br>KINDERTANZ 2<br>16:00 - 16:45<br>mit Marisa              | <br><b>BREAKDANCE</b><br>16:00 - 17:00<br>mit Marisa | <b>HIP-HOP</b><br>KIDS 2<br>16:45 - 17:45<br>mit Bastian & Mary                | <b>HIP-HOP</b><br>KIDS 2/ TEENS<br>17:00 - 18:00<br>mit Lara            |                                                                               |                                                                                                                                                       |
| <b>STRONG NATION®</b><br>ADULTS<br>19:00 - 20:00<br>mit Flo                  | <b>CONTEMPORARY KIDS</b><br>17:00 - 18:00<br>mit Marisa                           | <b>MEISTERSCHAFTS GRUPPE</b><br>KIDS<br>17:00 - 18:00<br>mit Mary/ Marisa                                                             | <b>RÜCKENFIT</b><br>ADULTS<br>18:00 - 19:00<br>mit Mary                        | <b>STREETDANCE</b><br>YOUNG ADULTS<br>18:15 - 19:30<br>mit Mary         |                                                                               |                                                                                                                                                       |
| <b>*PRIVAT UNTERRICHT</b><br>19:00 - 20:00<br>MINI LOFT, mit Mary            | <b>CONTEMPORARY YOUNG ADULTS</b><br>18:00 - 19:00<br>mit Mary                     | <b>BODY WORKOUT</b><br>ADULTS<br>18:30 - 19:30<br>mit Mary                                                                            | <b>JAZZ</b><br>ADULTS<br>19:15 - 20:15<br>mit Mary/ Basti                      | <b>DISCOFOX A-KURS</b><br>ADULTS<br>18:00 - 19:00<br>mit Uli            |                                                                               |                                                                                                                                                       |
| <b>2 GENERATION SHOWTANZGRUPPE</b><br>ADULTS<br>20:00 - 21:30<br>mit Mary    | <b>HIP-HOP MEISTERSCHAFTS-GRUPPE DLC</b><br>TEENS mit Mary/ Lara<br>19:00 - 20:30 | <b>ZUMBA®</b><br>ADULTS<br>19:30 - 20:30<br>mit Vicente                                                                               | <b>STANDARD LATEIN</b><br>ALLE 2 WOCHEN<br>20:30 - 22:00<br>mit Mary & Bastian | <b>DISCOFOX M- UND F KURS</b><br>ADULTS<br>19:00 - 20:00<br>mit Uli     |                                                                               |                                                                                                                                                       |
|                                                                              | <b>FASZIENTRAINING / STRETCHING</b><br>ADULTS<br>19:00 - 20:00<br>mit Monika      |                                                                                                                                       |                                                                                |                                                                         |                                                                               |                                                                                                                                                       |
|                                                                              | <b>LADYSTYLING</b><br>20:15 - 21:15<br>mit Monika                                 |                                                                                                                                       |                                                                                |                                                                         |                                                                               |                                                                                                                                                       |



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