

Gruppe	Montag							Dienstag							Mittwoch							Donnerstag							Freitag							Samstag													
	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7							
Uhrzeit																																																	
10h																																																	
11h																																																	
12h																																																	
13h																																																	
14h																																																	
15h	J/B	B/J	L	C	*	(N)								J/B	B/J	L	C	*								J/B	B/J	G?	C	*	(N)																		
16h	A	A	A	A	A	A								C	C	C	C	C								C	C	C	C	C	A																		
17h	Z	Z	Z	Z	Z	Z								K	B								A	A	A	A	A	A	K/N																				
18h	B													L	L	L	L	A	K/N								K	B	B	B																			
18:30-18:45								J/B	B/J	A	C/D	(N)	K/N								A	A	A	A	A	A	K/N								K	B	B	B											
19h								L	L	K	K	K									A	A	A	A	A	A	K								K	B	B	B											
20h								B													B													K	B	B	B												
21h								B													B													K	B _{3/4}	B	B												
																																				J/B	B/J	G	C	*									
																																				L	L	L	L	L									
																																				Z	Z	Z	Z	Z									
																																				B _{3/4}													
																																				B _{3/4}													
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																																				B													
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Vassilissa = Ballett

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Legende

- L Laufen+Sprungkraft
- C Choreographie/Tanz
- A Aufwärmen
- B Ballett
- Z Zirkelkrafttraining
- K Krafttraining

Gruppeneinteilung

- 1 Katrin, Selina, Laura, Nelli, Julia, Passi + Richi
- 2 Savannah, Josi, Fabi, Mariam, Zoe, Angelina, Alexandra + Bruno, Habil, Elvis, Mark
- 3 Louise, Pia, Chayenne, Kinga, Marta, Anna, Sarah, Denise, Lili * Emil, Jonathan, Fabian
- 4 Lina R., Sofija, Klara, Anastasia, Selina G., Selena, Jasmina, Selina Z
- 5 Maya, Lina S., Viola, Emilia, Marie, Mateja, Natalie W., Elina, Alexandra M, Aviva, Lara E * Dorian, Erik
- 6 Julia G, Julia B, Mia-Julie, Lara G
- 7 Leon
- freies Training

Trainer

- B Barbara
- J Johnny
- L Lupus
- C Cani
- G Günther
- D Dalma
- A Annina
- N Nicole ?
- * neuer Trainer?
- V Vassilissa = Ballett