



# STUDIO.12

KURSPLAN  
AB 13. FEBRUAR 2023

BUCHUNGEN ONLINE UNTER [STUDIO12-MUNICH.COM](http://STUDIO12-MUNICH.COM)  
DAS STUDIO ÖFFNET JEWEILS 15 MINUTEN VOR STUNDENBEGINN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
> 7 h		06.30 - 7.30 BARRE-FUSION CATHERINE	7.00 - 8.00 BARRE-FUSION RADKA	7.00 - 8.00 CARDIO & BARRE TANJA			
> 8 h	08.00 - 9.00 BOUNCE & BURN INGRID		8.15 - 9.15 BARRE-FUSION RADKA		8.00 - 9.00 PILATES ANJA		
> 9 h	09.00 - 10.00 BARRE-FUSION ANJA		9.30 - 10.30 BARRE-FUSION RADKA	09.00 - 10.00 BARRE-FUSION ANJA	08.00 - 09.00 BARRE-FUSION TANJA / SELINA		
	09.15 - 10.15 BARRE-FUSION TANJA	9.30 - 10.30 PILATES ANJA			9.15 - 10.15 BARRE-FUSION SELINA	09.00 - 10.00 BARRE-FUSION TEAM	10.00 - 11.00 BOUNCE & BURN CATHERINE 14 TÄGIG
> 10 h		10.45 - 11.45 BABY-BARRE ANJA			09.15 - 10.15 BARRE-FUSION TANJA	10.15 - 11.15 BARRE-FUSION TEAM	10.15 - 11.15 BARRE-FUSION CATHERINE / TEAM
> 12 h	12.00 - 13.00 BARRE-FUSION TANJA	12.30 - 13.30 BARRE-FUSION ANJA	13.00 - 14.00 BARRE-YOGA TANJA	12.00 - 13.00 BARRE-FUSION TANJA	12.30 - 13.30 BARRE - FUSION SELINA		11.30 - 12.30 BARRE-FUSION CATHERINE
> 16 h	16.15 - 17.15 BARRE-FUSION ANJA				16.15 - 17.15 BARRE-FUSION ANJA	16.15 - 17.15 BARRE-FUSION ERIKA	16.15 - 17.15 SPECIAL CLASS TEAM
> 18 h	16.15 - 17.15 HIP-HOP KIDS ANNA	18.00 - 19.00 BARRE-FUSION RADKA	18.00 - 19.00 BARRE-FUSION INGRID	18.15 - 19.15 BARRE-FUSION SELINA			17.30 - 18.30 SPECIAL YOGA CLASS TEAM
> 19 h	17.30 - 18.30 BARRE-FUSION INGRID	19.15 - 20.15 BARRE-FUSION RADKA	18.00 - 19.00 BOUNCE & BURN SELINA	19.00 - 20.00 VINYASA FLOW JÜRGEN			
	19.00 - 20.00 MEN'S FITNESS ANJA / TANJA		19.15 - 20.15 PILATES SELINA	19.00 - 20.00 MEN'S FITNESS ANJA / TANJA			
	18.45 - 19.45 PILATES INGRID		19.15 - 20.30 HATHA YOGA (KK) BARBARA	19.30 - 20.30 BARRE-FUSION SELINA			

STUDIO.12 . TANJA KRODEL & ANJA RIESENBERG . POSSARTSTRASSE 12 . 81679  
MÜNCHEN  
+49 89.47 07 87 54 . [INFO@STUDIO12-MUNICH.COM](mailto:INFO@STUDIO12-MUNICH.COM) . [STUDIO12-MUNICH.COM](http://STUDIO12-MUNICH.COM)