

Sommerferien - 1. Ferienwoche

Shaping Motion, Düsseldorf Landstr. 91, 47249 Duisburg
 www.shapingmotion.de | info@shapingmotion.de | 0203-98400287



| UHRZEIT | MONTAG 29. Jun. | | | DIENSTAG 30. Jun. | | | MITTWOCH 1. Jul. | | | DONNERSTAG 2. Jul. | | | FREITAG 3. Jul. | | | SAMSTAG 4. Jul. | | |
|---------|---|--|--|---|--------------------------|----------------------------|---|--|--|---|-----------------------|--|--|--|--|--------------------|--|--|
| | 10:00 | | | | | | Kanga EXTERN | | | | RückenFit Senioren | | | | | | | |
| 11:00 | | | | gOldies SeniorenTanz Beginner | | | | | | Beginner | | | | | | | | |
| 12:00 | | | | | | | | | | YogaFlow Senioren | | | | | | | | |
| 13:00 | Modern Dance Kids fällt aus | | | HipHop Kids fällt aus Phil | | | Modern Dance Kids fällt aus | | | HipHop Kids fällt aus Phil | | | | | | | | |
| 14:00 | Contemporary Junioren fällt aus | | | HipHop Junioren fällt aus Phil | | | Contemporary Junioren fällt aus | | | HipHop Junioren fällt aus Phil | | | | | | | | |
| 15:00 | Classical Jazz Kids zusammen mit Maxis | | | | | | | | | Classical Jazz Kids zusammen mit Maxis | | | | | | | | |
| 16:00 | Classical Jazz Maxis + Kids 1. FW Annina | | | Classical Jazz Kids zusammen mit Maxis | ChaotiX CommercialPop | | Classical Jazz Kids zusammen mit Maxis | | | Classical Jazz Maxis + Kids 1. FW Annina | | | | | | | | |
| 17:00 | | | KiTa Minis ausgebucht Annina | Classical Jazz Maxis + Kids 1. FW Annina | Kids MasterClass | KiTa Minis Micah | Classical Jazz Maxis + Kids 1. FW Annina | | | KiTa Minis ausgebucht Annina | | | KiTa Maxis ausgebucht Micah | | | | | |
| 18:00 | Tumbling Kids + Junioren 1+2. FW Tori | | KiTa Maxis Annina | HipHop / Pop Adults | | KiTa Maxis Micah | Jazz&Modern Adults Beginner | Kindertanz Maxis Fortgeschritten | | ShuffleDance Adults Fortgeschritten | | | Tumbling Kids + Junioren 1+2. FW Tori | JazzFunk Adults/Adults + | | | Chair meets Show Adults 1+2.FW Steph | |
| 19:00 | DanceFit Adults Beginner | | Tumbling Junioren zusammen mit Kids | DisneyDance Adults/Adults+ Beginner | | YogaFlow Adults/Adults+ | Contemporary Adults Fortgeschritten | | | Contemporary Adults | | | Paartanz Adults/Adults + | Tumbling Junioren zusammen mit Kids | | | | |
| 20:00 | ShowDance Adults/Adults + Mittelstufe | SalsaLadyStyle Adults/Adults+ Beginner | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | Shuffle Adults 1+2.FW Phil | | | | | |

Workshops
Maxis
(5-8 Jahre)

Workshops
Kids
(8-12 Jahre)

fortlaufende Kurse

Workshops
Junioren
(12-17 Jahre)

Workshop
Adults
(ab 18 Jahren)

Jeder Workshop umfasst 4h. Die Anmeldung der Workshop erfolgt ausschließlich über das Anmeldeformular unserer Website.
 Als Ausgleich zur Corona-Schließungszeit sind alle Workshops für unsere Mitglieder kostenfrei (sofern bereits vorher eine Mitgliedschaft bestand). Externe Teilnehmer zahlen eine Workshopgebühr von 25,-€ pro Workshop (Zahlung: Bar zum Beginn des Workshops)
 Wir behalten uns vor den Plan kurzfristig zu ergänzen => Workshops hinzufügen bei hoher Nachfrage / Workshops entfernen bei zu geringer Nachfrage

Sommerferien - 2. Ferienwoche

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| UHRZEIT | MONTAG 6. Jul. | | | DIENSTAG 7. Jul. | | | MITTWOCH 8. Jul. | | | DONNERSTAG 9. Jul. | | | FREITAG 10. Jul. | | | SAMSTAG 11. Jul. | | |
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Workshops
Maxis (5-8 Jahre)

Workshops
Kids (8-12 Jahre)

fortlaufende Kurse

Workshops
Junioren (12-17 Jahre)

Workshop
Adults (ab 18 Jahren)

Jeder Workshop umfasst 4h. Die Anmeldung der Workshop erfolgt ausschließlich über das Anmeldeformular unserer Website.
 Als Ausgleich zur Corona-Schließungszeit sind alle Workshops für unsere Mitglieder kostenfrei (sofern bereits vorher eine Mitgliedschaft bestand). Externe Teilnehmer zahlen eine Workshopgebühr von 25,-€ pro Workshop (Zahlung: Bar zum Beginn des Workshops)
 Wir behalten uns vor den Plan kurzfristig zu ergänzen => Workshops hinzufügen bei hoher Nachfrage / Workshops entfernen bei zu geringer Nachfrage

Sommerferien - 3. Ferienwoche

Shaping Motion, Düsseldorf Landstr. 91, 47249 Duisburg
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| UHRZEIT | MONTAG 13. Jul. | | DIENSTAG 14. Jul. | | MITTWOCH 15. Jul. | | DONNERSTAG 16. Jul. | | FREITAG 17. Jul. | | SAMSTAG 18. Jul. | |
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| 10:00 | | | | | | | | RückenFit Senioren | | | | |
| :15 | | | | | | | | Beginner | | | | |
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| 11:00 | | | | | | | | | | | | |
| :15 | | | | | | | | YogaFlow Senioren | | | | |
| :30 | | | | | | | | Beginner | | | | |
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Workshops
Maxis
(5-8 Jahre)

Workshops
Kids
(8-12 Jahre)

fortlaufende Kurse

Workshops
Junioren
(12-17 Jahre)

Workshop
Adults
(ab 18 Jahren)

Jeder Workshop umfasst 4h. Die Anmeldung der Workshop erfolgt ausschließlich über das Anmeldeformular unserer Website.
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Sommerferien - 4. Ferienwoche

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| UHRZEIT | MONTAG 20. Jul. | | | DIENSTAG 21. Jul. | | | MITTWOCH 22. Jul. | | | DONNERSTAG 23. Jul. | | | FREITAG 24. Jul. | | | SAMSTAG 25. Jul. | | |
|---------|---|--|--|--|--|--|---|--|--|--|---|--|--|-------------------------|--|---------------------|--|--|
| 10:00 | | | | | | Kanga EXTERN | | | | RückenFit Senioren | | | | | | | | |
| 11:00 | | | | gOldies SeniorenTanz Beginner | | | | | | Beginner | | | | | | | | |
| 12:00 | | | | | | | | | | YogaFlow Senioren | | | | | | | | |
| 13:00 | | | | | | | | | | Beginner | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | DiscoDance Kids zusammen mit Junioren | | Akrobatik Maxis ausgebucht Lara | | | | Akrobatik Maxis ausgebucht Lara | | | DiscoDance Kids zusammen mit Junioren | dance motion JMC | | | | |
| 17:00 | | | KiTa Minis ausgebucht Micah | DiscoDance Kids + Junioren 3.+4. FW Micah | | | | | | KiTa Minis Lara | | | DiscoDance Kids + Junioren 3.+4. FW Micah | Junioren MasterClass | | | | |
| 18:00 | Tumbling Kids + Junioren 3.+4. FW Tori | | | HipHop / Pop Adults Fortgeschritten | | KiTa Maxis ausgebucht Lara | Jazz&Modern Adults Beginner | Kindertanz Maxis Fortgeschritten | | | ShuffleDance Adults Fortgeschritten | | Tumbling Kids + Junioren 3.+4. FW Tori | | JazzFunk Adults/Adults + | | | ShowDance Adults 3.+4. FW Steph |
| 19:00 | DanceFit Adults Beginner | | Tumbling Junioren zusammen mit Kids | DisneyDance Adults/Adults+ Beginner | | YogaFlow Adults/Adults+ | Contemporary Adults Fortgeschritten | | | Contemporary Adults | | | Paartanz Adults/Adults + | | Tumbling Junioren zusammen mit Kids | | | |
| 20:00 | ShowDance Adults/Adults + Mittelstufe | SalsaLadyStyle Adults/Adults+ Beginner | | | | | | | | Fortgeschritten | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | |

| | | |
|-----------------------------------|--------------------|--|
| Workshops Maxis (5-8 Jahre) | fortlaufende Kurse | Workshops Junioren (12-17 Jahre) |
| Workshops Kids (8-12 Jahre) | | Workshop Adults (ab 18 Jahren) |

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Sommerferien - 5. Ferienwoche

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| UHRZEIT | MONTAG 27. Jul. | DIENSTAG 28. Jul. | MITTWOCH 29. Jul. | DONNERSTAG 30. Jul. | FREITAG 31. Jul. | SAMSTAG 1. Aug. |
|---------|---|---|--|---|--|--|
| 10:00 | | | | RückenFit Senioren | | |
| :15 | | | | Beginner | | |
| :30 | | | | | | |
| :45 | | | | | | |
| 11:00 | | | | YogaFlow Senioren | | |
| :15 | | | | Beginner | | |
| :30 | | | | | | |
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| 12:00 | | | | | | |
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| 13:00 | YogaFlex Kids zusammen mit Junioren | ShuffleDance Kids zusammen mit Junioren | | YogaFlex Kids zusammen mit Junioren | ShuffleDance Kids zusammen mit Junioren | |
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| :30 | | | | | | |
| :45 | | | | | | |
| 14:00 | YogaFlex Kids + Junioren 5.+6. FW Phil | ShuffleDance Kids + Junioren 5.+6. FW Phil | | YogaFlex Kids + Junioren 5.+6. FW Phil | ShuffleDance Kids + Junioren 5.+6. FW Phil | |
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| 15:00 | Modern Dance Kids 5.+6. FW Annina | | | | | |
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| 16:00 | Modern Dance Maxis 5.+6. FW Annina | | Modern Dance Kids 5.+6. FW Annina | | dance@motion JMC | |
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| 17:00 | | | | KiTa Minis | | |
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| 18:00 | Tumbling Kids + Junioren 5.+6. FW Tori | HipHop / Pop Adults | Jazz&Modern Adults Beginner | KiTa Maxis | ShuffleDance Adults Fortgeschritten | JazzFunk Adults/Adults + |
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| 19:00 | DanceFit Adults Beginner | DisneyDance Adults/Adults+ Beginner | Contemporary Adults Fortgeschritten | | Tumbling Junioren zusammen mit Kids | Chair meets HipHop (ID) Adults 5.+6. FW Phil |
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| :45 | | | | | | |
| 20:00 | ShowDance Adults/Adults + Mittelstufe | SalsaLadyStyle Adults/Adults+ Beginner | | | Paartanz Adults/Adults + | Heel FrameUp Adults 5.+6. FW Ina |
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| 21:00 | | | | | Chair meets HipHop Adults 5.+6. FW AUSGEBUCHT! Phil | |
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Workshops
Maxis
(5-8 Jahre)

Workshops
Kids
(8-12 Jahre)

fortlaufende Kurse

Workshops
Junioren
(12-17 Jahre)

Workshop
Adults
(ab 18 Jahren)

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Sommerferien - 6. Ferienwoche

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| UHRZEIT | MONTAG 3. Aug. | | DIENSTAG 4. Aug. | | MITTWOCH 5. Aug. | | DONNERSTAG 6. Aug. | | FREITAG 7. Aug. | | SAMSTAG 8. Aug. | |
|---------|---|--|---|--|----------------------------|---|-----------------------|---|------------------------|---|---|--|
| 10:00 | | | | | | | | RückenFit Senioren | | | | |
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| 13:00 | YogaFlex Kids zusammen mit Junioren | | ShuffleDance Kids zusammen mit Junioren | | | | | YogaFlex Kids zusammen mit Junioren | | ShuffleDance Kids zusammen mit Junioren | | |
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| 14:00 | YogaFlex Kids + Junioren 5.+6. FW Phil | | ShuffleDance Kids + Junioren 5.+6. FW Phil | | | | | YogaFlex Kids + Junioren 5.+6. FW Phil | | ShuffleDance Kids + Junioren 5.+6. FW Phil | | |
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| 15:00 | Modern Dance Kids 5.+6. FW Annina | | | | | | | | | | | |
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| 16:00 | Modern Dance Maxis 5.+6. FW Annina | | | | | | | | | | | |
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| 18:00 | Tumbling Kids + Junioren 5.+6. FW Tori | | HipHop / Pop Adults | | KitTa Maxis | Jazz&Modern Adults | Kindertanz Maxis | | ShuffleDance Adults | | Tumbling Kids + Junioren 5.+6. FW Tori | JazzFunk Adults/Adults + |
| :05 | | | Fortgeschritten | | Micah | Beginner | Fortgeschr. | | Fortgeschritten | | | Adults/Adults + |
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| 19:00 | DanceFit Adults Beginner | | DisneyDance Adults/Adults+ Beginner | | YogaFlow Adults/Adults+ | Contemporary Adults Fortgeschritten | | Contemporary Adults | | Paartanz Adults/Adults + | | Tumbling Junioren zusammen mit Kids |
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| 20:00 | ShowDance Adults/Adults + Mittelstufe | SalsaLadyStyle Adults/Adults+ Beginner | | | | | | | | | | |
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Workshops
Maxis
(5-8 Jahre)

Workshops
Kids
(8-12 Jahre)

fortlaufende Kurse

Workshops
Junioren
(12-17 Jahre)

Workshop
Adults
(ab 18 Jahren)

Jeder Workshop umfasst 4h. Die Anmeldung der Workshop erfolgt ausschließlich über das Anmeldeformular unserer Website.
 Als Ausgleich zur Corona-Schließungszeit sind alle Workshops für unsere Mitglieder kostenfrei (sofern bereits vorher eine Mitgliedschaft bestand). Externe Teilnehmer zahlen eine Workshopgebühr von 25,-€ pro Workshop (Zahlung: Bar zum Beginn des Workshops)
 Wir behalten uns vor den Plan kurzfristig zu ergänzen => Workshops hinzufügen bei hoher Nachfrage / Workshops entfernen bei zu geringer Nachfrage