Stundenplan

Dance · Sport · Health — die ganze Woche auf einen Blick

Stand 06.11.2026

Montag

12:15 – 13:05 Alle Levels
Gruppenhypnose / Tiefenentspannung
Sibylle Gut · Studio Roots

17:30 – 18:20 Alle Levels
Dance Specific Training
Ali Khabtani · Studio Roots

18:30 – 19:40 Basic
Bachata Partner
Ali Khabtani · Studio Bloom

18:30 – 19:40 Intermediate
Female Groove
Sandra Zurfluh · Studio Roots

19:45 – 20:55 Advanced
Female Groove
Sandra Zurfluh · Studio Roots

Dienstag

12:15 – 13:05 Alle Levels
Barre Training - Bewegung & Haltung
Team · Studio Roots

14:30 – 15:40 Alle Levels
Eltern & Kind
Sandra Zurfluh · Studio Roots

17:45 – 18:55 Intermediate
Salsa Partner
Ali Khabtani · Studio Bloom

17:45 – 18:55 Alle Levels
Streetdance Technik & Choreo
Sandra Zurfluh · Studio Roots

19:00 – 19:50 Alle Levels
Afro Dance Fitness
Lilian Njoki · Studio Bloom

19:00 – 20:10 Basic
Female Groove
Sandra Zurfluh · Studio Roots

19:55 – 20:45 Alle Levels
Grow Within - Group Coaching
Lilian Njoki · Studio Bloom

20:15 – 21:25 Basic
Contemporary
Sandra Zurfluh · Studio Roots - Grosser Raum

Mittwoch

09:30 – 10:20 Alle Levels
Afro Move 50+
Lilian Njoki · Studio Roots

17:15 – 18:25 Alle Levels
Female Bachata
Sabrina Giacomelli · Studio Bloom

17:15 – 18:25 Basic
Salsa Partner
Ali Khabtani · Studio Roots

18:25 – 19:35 Advanced
Bachata Partner
Team · Studio Bloom

18:30 – 19:20 Alle Levels
Afro Dance Fitness
Lilian Njoki · Studio Roots

19:30 – 20:40 Intermediate
Salsa Cubana
Team · Studio Bloom

19:45 – 20:55 Alle Levels
Male Bachata
Ali Khabtani · Studio Roots

20:40 – 21:50 Advanced
Salsa Cubana
Team · Studio Bloom

Donnerstag

17:15 – 18:05 Alle Levels
Ballett-Training
Sandra Zurfluh · Studio Bloom

17:15 – 18:25 Alle Levels
Salsa Suelta
Céline Häseli · Studio Bloom

18:15 – 19:25 Intermediate
Contemporary
Sandra Zurfluh · Studio Roots

18:30 – 19:40 Alle Levels
Female Salsa
Céline Häseli · Studio Bloom

19:30 – 20:40 Advanced
Contemporary
Sandra Zurfluh · Studio Roots

20:45 – 21:55 Alle Levels
Heels Technik & Choreo
Sandra Zurfluh · Studio Roots

Freitag

14:30 – 15:40 Alle Levels
Eltern & Kind
Sandra Zurfluh · Studio Roots

17:30 – 18:40 Intermediate
Bachata Partner
Gianni Saracista · Studio Bloom

18:30 – 19:40 Intermediate
Salsa Partner
Martin Schaffner · Studio Bloom

18:45 – 19:55 Basic
Salsa Partner
Gianni Saracista · Studio Roots

Samstag

09:30 – 10:20 Alle Levels
Bodyfit
Sabrina Giacomelli · Studio Roots

09:30 – 10:20 Alle Levels
Pilates Flow
Sabrina Giacomelli · Studio Roots

● Dance ● Sport

Alle Dance- und Sportlektionen kannst du einmal kostenlos ausprobieren. Buchen: rootsacademy.ch/stundenplan

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Änderungen vorbehalten