

KURSPLAN - FREUDENSPRUNG IM TANZHAUS ab April 2026

* Wir bereiten uns auf eine Prüfung vor.

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
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SAAL 1

09.00 – 10.15 <i>Ballett M</i>	E2-TM		10.00 – 11.00 <i>Ballett A</i>	E4-TM	09.00 – 10.15 <i>Ballett M</i>	E9-TM		09.30 – 10.30 <i>Dance Conditioning ab 14</i>	E21-N.N.
10.15 – 11.15 <i>Ballett A</i>	E12-TM		11.00 – 12.00 <i>Tänzer. Gymnastik Senior</i>	E14-TM	10.15 – 11.15 <i>Ballett A</i>	E7-TM			
15.30 – 16.30* <i>Grade 1</i>	K4-SG ab 9		15.00 – 16.00 <i>Grade 1</i>	K9-EH ab 7/8	15.00 – 16.00* <i>Grade 1</i>	K12-SG ab 7/8			
16.30 – 17.30* <i>Grade 2</i>	K23-SG ab 10	16.00 – 17.00 <i>Grade 3</i>	K11-SG ab 11/12	16.00 – 17.30 <i>Grade 3 - 2. Stunde</i>	K18-SH	16.00 – 17.15 <i>Intermediate Foundation</i>	K20-SH	15.30 – 17.00 <i>Grade 4, 2. Stunde</i>	K19-SH
		17.00 – 18:00 <i>Intermediate Foundation</i>	K30-SH	17:30 – 18:30 <i>Tanztheater</i>	K26-OB ab 12	17:15 – 18:45 <i>Advanced Foundation</i>	K14-SH	17:00 – 18:00 Primary*	K1-EH ab 7
18:00 – 19:00 <i>Hip Hop</i>	HH-MR ab 12	18:00 – 19:30 <i>Advanced Foundation</i>	K3-SH	18:30 – 19:45 <i>Contemporary M</i>	K7-OB	18:45 – 20:15 <i>Advanced 1/2</i>	E20-SH	18:30 – 19:30 <i>Ballett A/AmV</i>	E1-PF
19:00 – 20:00 <i>Advanced_Spitze</i>	E22-SH	19:30 – 21:00 <i>Contemporary Ballet M/F</i>	E5-OB	19:45 – 21:15 <i>Ballett F</i>	E6-SH	20:15 – 21:15 <i>Musical & More</i>	E10-MR	20:00 – 21:30 <i>Ballett M</i>	E8-PF
20:00 – 21:30 <i>Ballett M</i>	E13-US								

SAAL 2

		15.30 – 17.00 <i>Grade 4</i>	K10-SN ab 13			15:30 – 16:30* <i>Grade 2</i>	K28-HK ab 11		
		17:00 – 18:00 <i>Contemporary Gr1</i>	K13-OB ab 8			16:30 – 17:30* <i>Grade 1</i>	K21-SG ab 9		
17:00 – 18:30 <i>Grade 4</i>	K27-SH ab 12/13	18:00 – 19:00 <i>Contemporary A</i>	K24-OB ab 14			17:30 – 18:30 <i>Grade 3</i>	K25-SG ab 10		

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SAAL 3

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
16:00 – 16:45 <i>TF</i>	K8-HK <i>ab 4</i>	16:00 – 17:00 <i>Primary</i>	K6-SH <i>ab 6</i>			16.00 – 17:00 <i>Primary</i>	K29-SG <i>ab 7</i>		
						17:45 – 19:00 <i>Yoga (Anusara)</i>	E17-CS	16:45 – 17:45 <i>Primary</i>	K2-HK <i>ab 6</i>
18:30 – 19:45 <i>Step F</i>	E3-CS	19:00 – 20:00 <i>Step A</i>	E15-SHe			19:15 – 20:15 <i>HipHop 2</i>	HH2-MR <i>ab 12</i>		

TF: Tänzerische Früherziehung - A: Anfänger*innen - AmV: Anfänger*innen mit Vorkenntnissen - M: Mittelstufe - F: Fortgeschrittene

Informationen und Vereinbarung von Probestunden (evtl. Warteliste):

info@ballettschule-freudensprung.de

Dozent*innen: SH: Sally Hanke; SG: Susanne Grebe; TM: Thorsten Müller; US: Ulli Schmitz; CG: Coco Giesen; PF: Paloma Figueroa
 OB: Olga Blank; MR: Marga Render; EH: Emily Hanke; HK: Hannah Kröger; CS: Claudia Schmitte; SH: Sandra Herff; SN: Sarah Nahrstedt