

KURSPLAN - FREUDENSPRUNG IM TANZHAUS ab September 2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
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SAAL 1

09.00 – 10.15 E2-TM <i>Ballett M</i>		10.00 – 11.00 E4-TM <i>Ballett A</i>	09.00 – 10.15 E9-TM <i>Ballett M</i>		09.30 – 10.30 E21-N.N. <i>Dance Conditioning ab 14</i>
10.15 – 11.15 E12-TM <i>Ballett A</i>		11.00 – 12.00 E14-TM <i>Tänzer. Gymnastik Senior</i>	10.15 – 11.15 E7-TM <i>Ballett A</i>		
15.30 – 16.30 K4-SG <i>Grade 2 ab 9</i>	15.00 – 16.00 K29-SG <i>Primary ab 7</i>	15.00 – 16.00 K9-EH <i>Grade 1 ab 8</i>	15.00 – 16.00 K12-SG <i>Grade 2 ab 8</i>	15.30 – 17.00 K19-SH <i>Grade 4_2. Stunde</i>	
16.30 – 18.00 K23-SG <i>Grade 3 neu_2.Stunde</i>	16.00 – 17.00 K11-SG <i>Grade ab 12</i>	16.00 – 17.30 K18-SH <i>Grade 3_2. Stunde</i>	16.00 – 17.15 K20-SH <i>Intermediate Foundation</i>	17.00 – 18.00 K1-EH <i>Grade 1 ab 7</i>	
	17.00 – 18.00 K30-SH <i>Intermediate Foundation</i>	17.30 – 18.30 K26-OB <i>Tanztheater ab 12</i>	17.15 – 18.45 K14-SH <i>Advanced Foundation</i>	18.00 – 19.00 K28-SH/PF <i>Grade 3 ab 11</i>	
18.00 – 19.00 HH-MR <i>Hip Hop ab 14</i>	18.00 – 19.30 K3-SH <i>Advanced Foundation</i>	18.30 – 19.45 K7-OB <i>Contemporary M</i>	18.45 – 20.15 E20-SH <i>Advanced 1/2</i>	19.00 – 20.00 E1-PF <i>Ballett AmV</i>	
19.00 – 20.00 E22-SH <i>Advanced_Spitze</i>	19.30 – 21.00 E5-OB <i>Contemporary Ballet M/F</i>	19.45 – 21.15 E6-SH <i>Ballett F</i>	20.15 – 21.15 E10-MR <i>Musical & More</i>	20.00 – 21.30 E8-PF <i>Ballett M</i>	
20.00 – 21.30 E13-US <i>Ballett M</i>					

SAAL 2

	15.30 – 17.00 K10-SN <i>Grade 4 ab 14</i>			15.30 – 16.30 K2-SG <i>Primary ab 6</i>	
16.00 – 17.00 K6-SH <i>Primary ab 6</i>	17.00 – 18.00 K13-OB <i>Contemporary Gr1 ab 8</i>			16.30 – 17.30 K21-SG <i>Grade 2 ab 9</i>	
17.00 – 18.30 K27-SH <i>Grade 4 ab 13/14</i>	18.00 – 19.00 K24-OB <i>Contemporary A ab 14</i>			17.30 – 18.30 K25-SG <i>Grade 3 ab 11</i>	

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SAAL 3

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
16:30 – 17:15 <i>Preprimary</i>	K8-EB/MK <i>ab 5</i>	16:15 – 17:00 <i>Neue TF</i>	K17-BR/HS <i>ab 4,5</i>	
			17:45 – 19:00 <i>Yoga (Anusara)</i>	E17-CS
18:30 – 19:45 <i>Step F</i>	E3-CS	19:00 – 20:00 <i>Step A</i>	E15-SHe	17:30 – 18:30 <i>Grade 2 neu_2.Stunde</i>
			K5-SH	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; SHe: Sandra Herff; SN: Sarah Nahrstedt;
EB: Emilia Bosch; BR: Blanka Rucinska; HS: Heidi Schmitz; MK: Marjaleena Knott