



Online Stundenplan

Montag

09:00 - 10:00
Conditioning
all Level
Miri
ZOOM

16:45 - 17:45
Pole Combo
Beginner
Mirveta
ZOOM

18:00 - 19:00
Yoga
all Level
Lisa
ZOOM

19:15 - 20:15
Exotic Elemts
all Level
Patricia & Jenny
ZOOM

20:30-21:30
Good Night ABS&Booty
Workout
Greta
ZOOM

Dienstag

09:30 - 10:30
Pole Dance
Beginner- Intermediate 1
Miri
ZOOM

17:45 _- 18:45
Pole Flow
all Level
Jessy
ZOOM

19:00 - 20:00
Stretching
all Level
Näd
ZOOM

Mittwoch

16:30 - 17:30
Teens Pole
Beginner - Intermediate1
Mirveta
Studio

17:45 - 18:45
Pole Dance
Beginner - Intermediate1
Mirveta
ZOOM

19:00 - 20:00
Pole Tricks
Intermediate 2
Patricia
ZOOM

20:15 - 21:15
Floor Work Basics
all Level
Patricia
ZOOM

Donnerstag

19:00 - 20:00
Pole Tricks & Combos
Advanced
Sarah
ZOOM

20:15 - 21:15
Pole "flowy Combo"
Beginner- Intermediate1
Greta
ZOOM

Freitag

09:30 - 10:30
Pole Combo
Beginner- Intermediate1
Greta&Miri
ZOOM

17:45 - 18:45
Pole Dance
Beginner
Lisa
ZOOM

19:00-20:00
Full Body Workout
Mirveta
ZOOM

20:15-21:15
Yoga
all Level
Lisa
ZOOM

Samstag

11:00-12:00
Stretching
all Level
Sarah
ZOOM