



Stundenplan

Montag

09:00 - 10:00
Pole Conditioning
all Level
Miri
ONLINE/STUDIO

17:00-18:00
Pole Dance
Beginner
Mirveta
STUDIO

18:00 - 19:00
Pole Dance
Beginner
Greta
STUDIO

19:15 - 20:15
ABS&Booty Workout
all Level
Greta
ONLINE/STUDIO

20:15-21:15
Pole Dance
Inter 2
Jessy
STUDIO

Dienstag

09:30 - 10:30
Pole Dance
Beginner - Inter 1
Miri
STUDIO

18:00-19:00
Pole Flow Choreo
all Level
Jessy
STUDIO

19:00 - 20:00
Stretching
all Level
Näd
ONLINE/STUDIO

20:00-21:00
Floor Flow Choreo
all Level
Jessy
STUDIO

Mittwoch

17:00-18:00
Teens Pole
Beginner - Inter 1
Mirveta
STUDIO

18:00-19:00
Pole Dance
Beginner - Inter 1
Mirveta
STUDIO

19:00 - 20:00
Pole Dance
Inter 2
Patricia
STUDIO

20:00-21:00
Exotic Choreo
all Level
Patricia/Jenny
STUDIO

Donnerstag

17:00 - 18:00
Open Pole
all Level
STUDIO

18:00 - 19:00
Open Pole
all Level
STUDIO

19:00 - 20:00
Pole Dance
Advanced
Sarah
STUDIO

20:00-21:00
Pole Dance
Beginner - Inter 1
Greta
STUDIO

Freitag

09:30 - 10:30
Pole Dance
Beginner - Inter 1
Miri/Greta
STUDIO

17:00-18:00
Pole Dance
Beginner
Jenny
STUDIO

18:00-19:00
Pole Dance
Beginner
Mirveta/Jenny
STUDIO

19:00 - 20:00
Pole Dance
Beginner - Inter 1
Mirveta
STUDIO

20:00-21:00
Yoga oder
Twerk
all Level
Angi/Majoie
ONLINE/STUDIO

Samstag

09:00 - 10:00
Open Pole
all Level
STUDIO

10:00 - 11:00
Open Pole
all Level
STUDIO

11:00 - 12:00
Stretching
all Level
Sarah
ONLINE/STUDIO