



Stundenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

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

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

16:45 - 17:45
Teens Pole
Beginner - Inter 1
Mirveta
STUDIO

NEW

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

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

16:45 - 17:45
Pole Dance
Beginner
Mirveta
STUDIO

17:45 - 18:45
Pole Flow Choreo
all Level
Jessy
STUDIO

NEW

17:45 - 18:45
Pole Dance
Beginner - Inter 1
Mirveta
STUDIO

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

16:30 - 17:30
Pole Dance
Beginner
Jenny
STUDIO

NEW

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

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

NEW

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

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

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

17:45 - 18:45
Pole Dance
Beginner
Mirveta/Jenny
STUDIO

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

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

NEW

20:15 - 21:15
Floor Flow Choreo
all Level
Jessy
STUDIO

NEW

20:15 - 21:15
Exotic Choreo
all Level
Patricia/Jenny
STUDIO

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

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

20:30 - 21:30
Pole Dance
Inter 2
Jessy
STUDIO

20:15 - 21:15
Pole Dance
Beginner - Inter 1
Greta
STUDIO

20:15 - 21:15
Yoga
all Level
Noemi
ONLINE/STUDIO

NEW