

KURSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00-10:00						BEGINNER POLE DANCE	
10:15-11:15						BEGINNER POLE DANCE	
12:00-13:00							POWER POLE
13:15-14:15							FLEXIBILITY
14:30-15:30							BEGINNER POLE DANCE
17:00-18:00	POLE TRICKS	BEGINNER POLE DANCE	POWER POLE	POLE TRICKS	SPINNING POLE		
18:15-19:15	FORTGESCHRITTEN POLE DANCE	BEGINNER POLE DANCE	BEGINNER POLE DANCE	BEGINNER POLE DANCE	BEGINNER POLE DANCE		
19:30-20:30	POLE TRICKS	FORTGESCHRITTEN POLE DANCE	FORTGESCHRITTEN POLE DANCE	90 MIN. POLE SPECIAL ALL IN ONE	90 MIN. AERIAL HOOP		
20:45-21:45	PROFI POLE DANCE	POLE TRICKS	BEGINNER POLE DANCE	21:00 - 22:00 UHR POLE DANCE			