



Stundenplan

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
ab 09.00	Pole Dance Beginner STUDIO 1.0G			OPEN POLE all Level STUDIO 1.0G	Pole Basics Beginner - Inter 1 STUDIO 1.0G	Surf Yoga all Level STUDIO/ONLINE EG OPEN POLE all Level STUDIO 1.0G
ab 10.00	athleticflow all Level STUDIO/ONLINE EG		OPEN POLE all Level STUDIO 1.0G	OPEN POLE all Level STUDIO 1.0G	athleticflow SURF all Level STUDIO/ONLINE EG	OPEN POLE all Level STUDIO 1.0G
ab 11.00	OPEN POLE all Level STUDIO 1.0G		OPEN POLE all Level STUDIO 1.0G	OPEN POLE all Level STUDIO 1.0G		Stretching all Level STUDIO/ONLINE EG
ab 12.00	OPEN POLE all Level STUDIO 1.0G		OPEN POLE all Level STUDIO 1.0G			Heels Dance Beginner STUDIO EG
ab 17.00	Pole Dance Beginner STUDIO 1.0G	Stretching (Entlastungsklasse) all Level STUDIO EG	Pole Dance Beginner STUDIO 1.0G	OPEN POLE all Level STUDIO 1.0G/EG	Strip Beginner STUDIO EG Pole Dance Beginner - Inter 1 STUDIO 1.0G	
ab 18.00	Pole Dance Beginner STUDIO EG Exotic Dance Beginner STUDIO 1.0G	Pole Dance Intermediate 1 STUDIO EG Pole Dance Beginner STUDIO 1.0G	Pole Conditioning all Level STUDIO 1.0G Spinning Pole Beginner - Inter 1 STUDIO EG	Exotic Dance Beginner STUDIO 1.0G OPEN POLE all Level STUDIO EG	Exotic Technik Beginner STUDIO EG Pole Dance Beginner STUDIO 1.0G	
ab 19.00	ABS&Booty all Level STUDIO/ONLINE EG Pole Dance Intermediate 1 STUDIO 1.0G	Stretching all Level STUDIO/ONLINE EG	athleticflow SURF all Level STUDIO/ONLINE EG Pole Dance Intermediate 2 STUDIO EG	Pole Dance Advanced STUDIO 1.0G/EG	Jazz Funk/Start to Dance Beginner/Level 0 STUDIO EG	
ab 20.00	Pole Dance Intermediate 2 STUDIO EG Pole Dance Beginner STUDIO 1.0G	Pole Dance Beginner STUDIO 1.0G	Pole Dance Beginner STUDIO 1.0G Heels Dance Intermediate 1 STUDIO EG	Pole Dance Beginner STUDIO 1.0G Pole Dance Intermediate 2 STUDIO EG		