



STUNDENPLAN

Bahia Dance



*die aktuellen Kurszeiten findest du jeweils in der App

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
ab 09.00	Pole Dance Starter STUDIO 1 OG		Pilates all Level STUDIO EG	OPEN POLE all Level STUDIO 1 OG		OPEN POLE all Level STUDIO 1 OG
ab 10.00	Pole Conditioning Beginner-Intermediate STUDIO 1.0G		OPEN POLE all Level STUDIO 1 OG	OPEN POLE all Level STUDIO 1 OG		OPEN POLE all Level STUDIO 1 OG Pole Dance Beginner STUDIO EG
ab 11.00	OPEN POLE all Level STUDIO 1 OG		OPEN POLE all Level STUDIO 1 OG	OPEN POLE all Level STUDIO 1 OG	OPEN POLE all Level STUDIO 1 OG	Strong & Flexy all Level STUDIO/ONLINE EG
ab 12.00	OPEN POLE all Level STUDIO 1 OG		OPEN POLE all Level STUDIO 1 OG		Pole Dance Beginner - Inter 1 STUDIO 1.0G OPEN POLE all Level STUDIO 1 OG	Heels Dance (Start 12.30) Beginner STUDIO EG
ab 17.00	Pole Dance Beginner STUDIO 1 OG Pole Dance Inter 1 - 2 STUDIO EG	Strong & Flexy (Start 17.45) all Level STUDIO EG	Pole Dance Beginner /Inter1 STUDIO 1.0G	OPEN POLE all Level STUDIO 1 OG/EG Pole Flow Beginner STUDIO 1.0G	Strip Beginner STUDIO EG Pole Dance Beginner - Inter 1 STUDIO 1.0G	
ab 18.00	Pole Dance Inter 2- Advanced STUDIO EG Exotic Technique Beginner STUDIO 1 OG	Pole Dance Intermediate 1 STUDIO EG Pole Dance Beginner STUDIO 1.0G	Pole Conditioning all Level STUDIO 1.0G Spinning Pole Starter-Intermediate STUDIO EG	Exotic Dance Beginner-Inter 1 STUDIO 1 OG OPEN POLE all Level STUDIO EG	Strong & Flexy (Start 18.15) all Level STUDIO/ONLINE EG Pole Dance Intermediate 1 STUDIO 1.0G	
ab 19.00	Strong & Fit all Level STUDIO/ONLINE EG Pole Dance Beginner-Inter1 STUDIO 1.0G	Strong & Flexy all Level STUDIO/ONLINE EG Pole Dance Basics/Technique STUDIO 1.0G	athleticflow SURF all Level STUDIO/ONLINE EG Spinning Pole Starter-Beginner STUDIO OG Pole Dance Inter1- 2 STUDIO EG	Pole Dance Advanced STUDIO 1.0G/EG OPEN POLE all Level STUDIO 1 OG Pilates all Level STUDIO EG	Jazz Funk/ Start to Dance (Start 19.15) Beginner STUDIO EG Pole Dance Beginner STUDIO 1.0G	
ab 20.00	Port de Bras Beginner STUDIO EG	Ladystile Latin Dance Beginner STUDIO EG Pole Dance (Start 20.15) Beginner STUDIO 1.0G	Pole Dance Beginner STUDIO 1.0G Heels Dance Intermediate 1 STUDIO EG	Pole Dance Beginner -Inter1 STUDIO 1.0G Pole Dance Inter1-2 STUDIO EG	Strong & Fit (Start 20.15) all Level STUDIO/ONLINE EG	