



STUNDENPLAN

Bahia Dance



*die aktuellen Kurszeiten findest du jeweils in der App

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG
ab 09.00	Pole Dance Beginner-Inter1 STUDIO 1.OG				Pilates all Level STUDIO EG		OPEN POLE all Level STUDIO 1 OG				OPEN POLE all Level STUDIO EG
ab 10.00					OPEN POLE all Level STUDIO 1 OG		OPEN POLE all Level STUDIO 1 OG				OPEN POLE all Level STUDIO EG Pole Dance Beginner STUDIO 1. OG
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.OG	OPEN POLE all Level STUDIO 1 OG	Heels Technique (Start 12.10) Beginner-Intermediate STUDIO EG
ab 17.00	Pole Dance Beginner STUDIO 1 OG	Pole Dance Inter 1 - 2 STUDIO EG	Strong & Flexy all Level STUDIO EG	Pole Dance Beginner -Inter 1 STUDIO 1.OG	Pole Dance Beginner /Inter1 STUDIO 1.OG		OPEN POLE all Level STUDIO 1 OG/EG	Pole Flow Beginner STUDIO 1.OG	Strip Beginner STUDIO EG	Pole Dance Beginner - Inter 1 STUDIO 1.OG	Heels Choreografie (Start 13.10) Beginner -Higher Beginner STUDIO EG
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.OG	Pole Conditioning all Level STUDIO 1.OG	Spinning Pole 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.OG
ab 19.00	Strong & Fit all Level STUDIO/ONLINE EG	Pole Dance Beginner-Inter1 STUDIO 1.OG	Strong & Flexy all Level STUDIO/ONLINE EG	Pole Dance Basics/Technique STUDIO 1.OG	athleticflow SURF all Level STUDIO/ONLINE EG	Pole Flow Beginner STUDIO 1.OG	Pole Dance Inter1- 2 STUDIO EG	Pole Dance Advanced STUDIO 1.OG/EG	OPEN POLE all Level STUDIO 1 OG	Pilates all Level STUDIO EG	Jazz Funk/ Start to Dance (Start 19.15) Beginner STUDIO EG
ab 20.00	Port de Bras Beginner STUDIO EG		Ladystile Latin Dance Beginner STUDIO EG		Pole Dance (Start 20.15) Beginner STUDIO 1.OG		Pole Dance Beginner STUDIO 1.OG		Pole Dance Beginner -Inter1 STUDIO 1.OG		Pole Dance Inter1-2 STUDIO EG
									Ladystile Latin Dance Intermediate (Start 20.15 Uhr) STUDIO EG		

SONNTAG

Pole Dance
Beginner - Inter 1
(Start 13.00 Uhr)
STUDIO
1.OG