

KURSPLAN 2019

NORDpole

MENDELSSOHNSTRASSE 15B
22761 HAMBURG

MONTAG

16:30 - HOCHSCHULSPORT

18:00 - EXOTIC POLE II*
60MIN - NINA LOFT I

18:00 - POLE GYM BASIS
60MIN - VANESSA M LOFT II

19:15 - POLE COMBI I-II
60MIN - VANESSA M LOFT II

19:15 - MODERN POLE II-III*
60MIN - NINA LOFT I

20:30 - EXOTIC POLE I*
60MIN - VANESSA M LOFT I

20:30 - EXOTIC FLOORWORK
60MIN - LENI LOFT II

21:30 - FREIES TRAINING
BIS 22:30 UHR

DIENSTAG

16:45 - HOCHSCHULSPORT

18:00 - STRIP PLASTIQUE*
60MIN - KATHI LOFT I

18:00 - POLE GYM II
60MIN - NINA LOFT II

19:15 - POLE CHOREO III*
60MIN - KATHI LOFT I

19:15 - POLE CHOREO BASIS*
60MIN - VANESSA B LOFT II

20:30 - POLE GYM I
60MIN - NADJA M LOFT I

20:30 - FLEXIBILITY FLOW
60MIN - SOPHIA LOFT II

MITTWOCH

18:00 - FLEXIBILITY FLOW
60MIN - ASJA LOFT I

18:00 - POLE GYM III
60MIN - KATHI LOFT II

19:15 - CONTEMPORARY ALL LEVELS
60MIN - ASJA LOFT I

19:15 - FIND YOUR BALANCE
60MIN - INGA LOFT II

20:30 - AERIAL CLASS ALL LEVELS
60MIN - NADJA P LOFT I

20:30 - POLE GYM BASIS
60MIN - NADJA M LOFT II

21:30 - FREIES TRAINING
BIS 22:30 UHR

DONNERSTAG

18:00 - POLE GYM II
60MIN - ALEX LOFT I

18:00 - POLE CHOREO I*
60MIN - VANESSA B LOFT II

19:15 - POLE GYM BASIS
60MIN - BAHATI LOFT I

19:15 - POLE CHOREO III*
60MIN - KATHI LOFT II

20:30 - SEXY STYLE POLE I-II*
60MIN - KATHI LOFT I

20:30 - AERIAL HOOP BEGINNER
60MIN - ALEX LOFT I

21:30 - FREIES TRAINING
BIS 22:30 UHR

FREITAG

17:30 - POLE GYM BASIS
60MIN - BAHATI LOFT I

17:30 - NINJA TRICKING INTERM.
60MIN - NINA LOFT II

18:45 - EXOTIC HARD STYLE III*
60MIN - NINA LOFT I

18:45 - POLE GYM I
60MIN - NADJA LOFT II

20:00 - AERIAL HOOP INTERM.
60MIN - NADJA LOFT II

20:00 - FREIES TRAINING
BIS 21:00 UHR

SAMSTAG

12:00 - POLE GYM BASIS
60MIN - VANESSA B LOFT I

13:15 - POLE ROUTINES BASIS+
60MIN - VANESSA B LOFT I

14:30 - POLE GYM II
60MIN - KATHI LOFT I

AB 12:00 UHR
WORKSHOPS UND PRIVATES

SONNTAG

13:15 - EXOTIC ESSENTIALS
60MIN - NINA LOFT II

14:30 - FLEXIBILITY FLOW
60MIN - NINA LOFT I

15:30 - FREIES TRAINING
BIS 17:00 UHR