

# KURSPLAN 2019

## NORDpole

MENDELSSOHNSTRASSE 15B  
22761 HAMBURG

### MONTAG

16:30 - HOCHSCHULSPORT

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

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

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

19:15 - EXOTIC POLE I\*  
60MIN - VANESSA M LOFT II

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

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

19:15 - MODERN POLE ALL LEVELS  
60MIN - INGA LOFT I

19:15 - POLE GYM I  
60MIN - NADJA M LOFT II

20:30 - EXOTIC ESSENTIALS  
60MIN - KATHI LOFT I

20:30 - FIND YOUR BALANCE  
60MIN - INGA LOFT II

21:30 - FREIES TRAINING  
BIS 22:30 UHR

### DONNERSTAG

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

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

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

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

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

20:30 - FREIES TRAINING  
BIS 21:30 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 - AERIAL HOOP ALL LEVELS  
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

12:00 - AERIAL HOOP BEG.  
60MIN - NADJA LOFT II

13:15 - AERIAL HOOP INTERM.  
60MIN - NADJA LOFT II

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

15:30 - FREIES TRAINING  
BIS 17:00 UHR