

KURSPLAN **APRIL**

MONTAG

11:00 - POLE & STRETCH60MIN - NINA **LOFT I****16:45 HOCHSCHULSPORT****18:00 - POLE GYM BASIS**60MIN - VANESSA M **LOFT I****18:00 - EXOTIC HARD I-II***60MIN - KATHI **LOFT II****19:15 - POLE CHOREO I***60MIN - VANESSA M **LOFT I****19:15 - MODERN POLE II-III***60MIN - NINA **LOFT II****20:30 - SENSUAL EXOTIC II***60MIN - NINA **LOFT I****20:30 - AERIAL HOOP INTERM.**60MIN - ANJA **LOFT II****21:30 - FREIES TRAINING**

BIS 22:30 UHR

DIENSTAG

16:45 HOCHSCHULSPORT**18:00 - POLE GYM II**60MIN - HETTI **LOFT I****18:00 - POLE CHOREO BASIS***60MIN - ANJA **LOFT II****19:15 - POLE CHOREO III***60MIN - KATHI **LOFT I****19:15 - STRIP BASE**60MIN - NINA **LOFT II****20:30 - POLE GYM BASIS**60MIN - HETTI **LOFT I****20:30 - STRIP PLASTIQUE***60MIN - KATHI **LOFT II****21:30 - FREIES TRAINING**

BIS 22:30 UHR

MITTWOCH

12:00 - POLE & STRETCH60MIN - KATHI **LOFT I****18:00 - POLE GYM III**60MIN - KATHI **LOFT I****18:00 - POLE GYM BASIS**60MIN - NINA **LOFT II****19:15 - POLE CHOREO II***60MIN - NINA **LOFT I****19:15 - POLE GYM I**60MIN - NADJA M **LOFT II****20:30 - EXOTIC ESSENTIALS**60MIN - KATHI **LOFT I****20:30 - POLE GYM BASIS**60MIN - NADJA M **LOFT II****21:30 - FREIES TRAINING**

BIS 22:30 UHR

DONNERSTAG

17:00 - POLE TEENS 14-17 J.60MIN - BAHATI **LOFT II****18:00 - POLE COMBI I-II**60MIN - VANESSA B **LOFT I****18:00 - POLE GYM BASIS**60MIN - BAHATI **LOFT II****19:15 - POLE GYM II**60MIN - VANESSA B **LOFT I****19:15 - POLE CHOREO III+***60MIN - KATHI **LOFT II****20:30 - EXOTIC POLE BASIS+***60MIN - ANJA **LOFT I****20:30 - POLE GYM BASIS**60MIN - BAHATI **LOFT II**

FREITAG

16:30 - FREIES TRAINING

BIS 17:30 UHR

17:30 - POLE GYM BASIS60MIN - BAHATI **LOFT I****17:30 - POLE GYM I**60MIN - ANJA **LOFT II****18:45 - EXOTIC POLE III***60MIN - NINA **LOFT I****18:45 - AERIAL HOOP** BEG.60MIN - ISABEL **LOFT II****20:00 - AERIAL SILK** ALL LEVEL60MIN - ANJA **LOFT II**

SAMSTAG

12:00 - POLE GYM BASIS60MIN - VANESSA B **LOFT I****13:15 - POLE GYM I**60MIN - VANESSA B **LOFT I****13:15 - POLE COMBI II-III**60MIN - KATHI **LOFT II****14:30 - POLE PRO CLASS**

JEDEN 1. SAMSTAG IM MONAT

SONNTAG

12:00 - POLE GYM BASIS60MIN - HETTI **LOFT I****13:15 - POLE GYM II**60MIN - HETTI **LOFT I****14:30 - FLEXIBILITY FLOW** SPLITS60MIN - NINA **LOFT II****15:30 - FREIES TRAINING**

BIS 16:30 UHR