

## MONTAG

**11:00 - POLE & STRETCH**60MIN - 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 - NADJA **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 & STRETCH**60MIN - KATHI **LOFT I****18:00 - POLE GYM III**60MIN - KATHI **LOFT I****18:00 - POLE GYM BASIS**60MIN - BAHATI **LOFT II****19:15 - POLEOGRAPHY 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 BASIS**60MIN - 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 LEVELS60MIN - ANJA **LOFT II**

## SAMSTAG

**12:00 - POLE GYM BASIS**60MIN - VANESSA B **LOFT I****13:15 - POLE GYM I**60MIN - VANESSA B **LOFT I****13:15 - POLE COMBI II-III**60MIN - KATHI **LOFT II****AB 12:00 UHR  
WORKSHOPS UND PRIVATES**

## SONNTAG

**12:00 - POLE GYM BASIS**60MIN - HETTI **LOFT I****13:15 - POLE GYM II**60MIN - HETTI **LOFT I****14:30 - POWER POLE.**60MIN - FLORIAN **LOFT I****14:30 - FLEXIBILITY** SPLITS60MIN - NINA **LOFT II****15:30 - FREIES TRAINING**

BIS 16:30 UHR