

KURSPLAN *SEPTEMBER*

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

12:00 - POLEOGRAPHY ALL LEVEL

60MIN - NINA **LOFT I**

16:45 - FREIES TRAINING

BIS 17:45 UHR

18:00 - STRIP BASE

60MIN - NINA **LOFT I**

18:00 - POLE COMBI I-II

60MIN - VANESSA M **LOFT II**

19:15 - SENSUAL EXOTIC II*

60MIN - VANESSA M **LOFT I**

19:15 - POLE GYM BASIS

60MIN - HETTI **LOFT II**

20:30 - MODERN POLE ALL LEVEL

60MIN - NINA **LOFT I**

20:30 - AERIAL HOOP BEGINNER

60MIN - ISABEL **LOFT II**

18:00 - POWER POLE ALL LEVEL

60MIN - KATHI **LOFT II**

18:00 - POLE GYM I

60MIN - HETTI **LOFT I**

19:15 - POLE COMBI II-III

60MIN - KATHI **LOFT I**

19:15 - POLE GYM II

60MIN - HETTI **LOFT II**

20:30 - EXOTIC ESSENTIALS

60MIN - KATHI **LOFT I**

20:30 - POLE GYM BASIS

60MIN - NOA **LOFT II**

16:45 - FREIES TRAINING

BIS 17:45 UHR

18:00 - POLE GYM BASIS

60MIN - NADJA M **LOFT I**

18:00 - POLE GYM III

60MIN - NINA **LOFT II**

19:15 - POLE GYM I

60MIN - NADJA M. **LOFT I**

19:15 - POLE GYM BASIS

60MIN - MARTHE **LOFT II**

20:30 - POLE GYM II

60MIN - MARTHE **LOFT I**

20:30 - FLEXIBILITY SPLITS

60MIN - NINA **LOFT II**

16:15 - POLE TEENS

60MIN - BAHATI **LOFT II**

17:30 - POLE GYM II

60MIN - ANJA **LOFT I**

17:30 - POLE GYM BASIS

60MIN - BAHATI **LOFT II**

18:45 - POLE ROUTINES BASIS+

60MIN - BAHATI **LOFT I**

18:45 - POLE CHOREO III+*

60MIN - KATHI **LOFT II**

20:00 - POLE CHOREO I*

60MIN - ANJA **LOFT I**

20:00 - STRIP PLASTIQUE*

60MIN - KATHI **LOFT II**

21:00 - FREIES TRAINING

BIS 22:00 UHR

17:30 - POLE GYM BASIS

60MIN - BAHATI **LOFT I**

17:30 - PRETTY SHAPES I-II

60MIN - ANJA **LOFT II**

18:45 - EXOTIC POLE III*

60MIN - NINA **LOFT I**

18:45 - EXOTIC ESSENTIALS

60MIN - ANJA **LOFT II**

19:45 - FREIES TRAINING

BIS 20:45 UHR

12:15 - POLE GYM BASIS

60MIN - VANESSA B **LOFT I**

12:15 - POLE COMBI II-III

60MIN - KATHI **LOFT II**

13:30 - POLE GYM I

60MIN - VANESSA B **LOFT I**

SONNTAG

12:15 - POLE GYM II

60MIN - HETTI **LOFT I**

12:15 - EXOTIC FLOOR ALL LEVEL

60MIN - NINA **LOFT II**

13:30 - POLE GYM BASIS

60MIN - HETTI **LOFT I**

13:30 - FLEXIBILITY BACKBENDS

60MIN - ANJA **LOFT II**

15:00 - AERIAL HOOP INTERMEDIATE

60MIN - ANJA **LOFT II**

14:30 - FREIES TRAINING

BIS 15:30 UHR

NORD *pole*

MENDELSSOHNSTRASSE 15B

22761 HAMBURG