

# KURSPLAN *NOVEMBER*

## MONTAG

**16:30 HOCHSCHULSPORT**

**16:15 - AERIAL KIDS** (6-11 J.)

60MIN - ISABEL **LOFT II**

**18:00 - STRIP BASE**

60MIN - NINA **LOFT I**

**18:00 - POLE GYM 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 - POLE GYM BASIS**

60MIN - NOA **LOFT I**

**20:30 - AERIAL HOOP** BEGINNER

60MIN - ISABEL **LOFT II**

**21:30 - FREIES TRAINING**

BIS 22:30 UHR

## DIENSTAG

**10:00 - POLE GYM BASIS**

60MIN - NINA **LOFT I**

**12:00 - POLEOGRAPHY** ALL LEVEL

60MIN - NINA **LOFT I**

**16:45 - FREIES TRAINING**

BIS 17:45 UHR

**18:00 - POLE GYM BASIS**

60MIN - ANJA **LOFT II**

**18:00 - POLE GYM I**

60MIN - HETTI **LOFT I**

**19:15 - POLE CHOREO 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**

**21:30 - FREIES TRAINING**

BIS 22:30 UHR

## MITTWOCH

**18:00 - POLE GYM BASIS**

60MIN - MARTHE **LOFT I**

**18:00 - POLE GYM III**

60MIN - NINA **LOFT II**

**19:15 - POLE GYM I**

60MIN - MARTHE. **LOFT I**

**19:15 - POLE COMBI I-II**

60MIN - NADJA M **LOFT II**

**20:30 - SEXY STYLE POLE I-II\***

60MIN - NINA **LOFT I**

**20:30 - FLEXIBILITY SPLITS**

60MIN - NADJA M **LOFT II**

**21:30 - FREIES TRAINING**

BIS 22:30 UHR

## DONNERSTAG

**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 - SENSUAL EXOTIC II-III+\***

60MIN - KATHI **LOFT II**

**20:00 - POLE GYM I**

60MIN - ANJA **LOFT I**

**20:00 - STRIP FRAME UP STYLE\***

60MIN - KATHI **LOFT II**

**21:00 - POLE GYM BASIS**

60MIN - ANJA **LOFT II**

**21:00 - FREIES TRAINING**

BIS 22:00 UHR

## FREITAG

**17:30 - POLE GYM BASIS**

60MIN - BAHATI **LOFT I**

**17:30 - AERIAL SILK** ALL LEVEL

60MIN - ANJA **LOFT II**

**18:45 - EXOTIC POLE III\***

60MIN - NINA **LOFT I**

**18:45 - POLE GYM BASIS**

60MIN - BAHATI **LOFT II**

**20:00 - POWER POLE** ALL LEVEL

60MIN - ANJA **LOFT II**

**20:00 - FREIES TRAINING**

BIS 21:00 UHR

## SAMSTAG

**12:15 - POLE GYM BASIS**

60MIN - VANESSA B **LOFT I**

**12:15 - FIND YOUR BALANCE**

60MIN - KATHI **LOFT II**

**13:30 - POLE GYM I**

60MIN - VANESSA B **LOFT I**

**13:30 - STRIP BASE**

60MIN - KATHI **LOFT II**

## 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 - EXOTIC ROUTINES** ALL LEVEL

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