

POLESTRUCTIONS

Kursplan Sommer 2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
17.00-18.00 Stretching OL SKYPE Online-Kurs		12.00-13.00 Stretching OL SKYPE Online-Kurs	12.00-13.00 Pole Dynamics Int./Adv. Raum 4		11.00-12.00 Core Strength OL SKYPE Online-Kurs	12.00-13.00 Yoga OL SKYPE Online-Kurs
17.30-19.00 Pole Dance L1 Raum 1		17.30-19.00 Pole Dance L4-5 Raum 1	13.15-14.45 Pole Dance L1 Raum 4		11.00-12.00 Jumping OL Raum 1 + 2	
17.30-18.30 Get Your Pole Strength OL Raum 4	17.30-19.00 Pole Dance L2-3 Raum 1	17.30-18.30 Get Your Pole Strength OL Raum 4		17.00-18.00 Pole Dance Choreo OL Raum 4	12.30-13.30 Pole Dance Spinning OL Raum 1	
18.45-20.15 Aerial Hoop L3-5 Raum 4	17.30-19.00 Aerial Silk L1 Raum 2	18.45-20.15 Aerial Hoop L1-2 Raum 4	18.15-19.15 Floorwork OL Raum 2	17.15-18.45 Pole Dance Mixed Level Raum 1	14.00-15.30 Pole Dance L2-3 Raum 1	
19.00-20.00 Pole Dance L2-3 SKYPE Online-Kurs	19.00-20.00 Pole Dance Spinning Adv. SKYPE Online-Kurs	19.00-20.15 Chair Dance OL Raum 5	19.00-20.00 Pole Dance L3-4 SKYPE Online-Kurs	18.15-19.45 Yoga Wheel OL Raum 5	14.00-15.30 Pole Dance L1 Raum 4	
19.15-20.45 Pole Dance L2-3 Raum 1	19.15-20.15 Jumping OL Raum 1 + 2	19.00-20.30 Aerial Silk L3-5 Raum 2	19.15-20.45 Pole Dance L3-4 Raum 4	18.45-20.15 Aerial Hoop L2-3 Raum 4		
19.15-20.15 Einführung Aerial Silk Raum 2	19.15-20.15 Einführung Aerial Hoop Raum 4	19.15-20.15 Einführung Pole Dance Raum 1	19.30-20.30 Pole Flow Exotic OL Raum 1	19.00-20.30 Pole Dance L1 Raum 1		
20.30-22.00 Aerial Silk L3 Raum 2	20.30-22.00 Pole Dance L3-4 Raum 1	20.30-22.00 Pole Dance L2-3 Raum 4	19.30-21.00 Aerial Silk L1-2 Raum 2	19.00-20.30 Aerial Silk L2 Raum 2		
20.30-22.00 Aerial Hoop L1-2 Raum 4	20.30-22.00 Pole Dance L1 Raum 4	20.45-22.00 Contortion Flow Raum 5	20.00-21.00 Yoga Flow Raum 5			
Freies Training: 17.00-19.00 Raum 2 21.00-22.00 Raum 1 17.00-22.00 Raum 3	Freies Training: 20.30-22.00 Raum 2 17.00-22.00 Raum 3	Freies Training: 20.30-18.45 Raum 2 20.30-22.00 Raum 2 17.00-22.00 Raum 3	Freies Training: 17.00-18.00 Raum 1 + 2 17.00-21.00 Raum 3	Freies Training: 17.00-18.45 Raum 2 17.00-20.00 Raum 3	Freies Training: 12.30-15.30 Raum 2 + 3	Freies Training: 12.00-14.00 Raum 1-4

Legende:
 OL = Open Level
 L = Level
 Int. = Intermediate
 Adv. = Advanced
 SKYPE = Bitte Kursregeln beachten