

POLESTRUCTIONS

Kursplan Sommer 2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		17.30-18.30 / R4 Pole Basics OL			11.00-12.00 / Online Front Splits OL	12.00-13.00 / Online Stretching Flow OL
	17.30-19.00 / R1 Pole Dance L2-3	17.30-19.00 / R1 Pole Dance L4-5			12.30-13.30 / R1 Pole Dance Spinning OL	
17.30-19.00 / R1 Pole Dance L1	17.30-19.00 / R2 Aerial Silk L1	17.45-18.45 / R5 Aerial Yoga OL		17.00-18.00 / R4 Pole Dance Choreo OL	14.00-15.30 / R1 Pole Dance L2-3	
17.30-18.30 / R4 Get Your Pole Strength OL	18.00-19.30 / Online Yoga Wheel Int./Adv.	18.45-20.15 / R4 Aerial Hoop L2-3		17.00-18.00 / Online Pole Dance Mixed Level	14.00-15.30 / R4 Pole Dance L1	
18.45-20.15 / R5 Stretching OL	19.00-20.00 / Online Middle Splits OL	19.00-20.15 / R5 Chair Dance OL	17.00-18.30 / Online Pole Flow OL	17.15-18.15 / R1 Pole Flow Exotic OL		
18.45-20.15 / R4 Aerial Hoop L3-5	19.00-20.00 / Online Pole Dance Mixed Level	19.00-20.30 / R2 Aerial Silk L3-5	18.45-19.45 / Online Pole Dynamics Int./Adv.	18.15-19.45 / R5 Yoga Wheel OL		
19.15-20.45 / R1 Pole Dance L2-3	19.15-20.15 / R4 Einführung Aerial Hoop	19.15-20.15 / R1 Einführung Pole Dance	17.30-19.00 / R4 Aerial Hoop L1-2	18.30-20.00 / R1 Pole Dance L1		
19.15-20.15 / R2 Einführung Aerial Silk	19.15-20.15 / R1+2 Floorwork OL	20.30-21.45 / R5 Backbends OL	18.00-19.00 / R5 Stretch & Restore OL	18.45-20.15 / R4 Aerial Hoop L2-3		
20.30-22.00 / R2 Aerial Silk L3	20.30-22.00 / R1 Pole Dance L3-4	20.30-22.00 / R1 Pole Dance L2-3	19.30-21.00 / R1 Pole Dance L3-4	19.00-20.00 / Online HIIT & Core Strength OL		
20.30-22.00 / R4 Aerial Hoop L1-2	20.30-22.00 / R4 Pole Dance Mixed Level	20.30-22.00 / R4 Pole Dance L1	19.30-21.00 / R2 Aerial Silk L1-2	19.00-20.30 / R2 Aerial Silk L2		
Freies Training: 21.00-22.00 Raum 1 17.00-19.00 Raum 2 17.00-22.00 Raum 3	Freies Training: 20.30-22.00 Raum 2 17.00-22.00 Raum 3	Freies Training: 17.00-18.45 Raum 2 20.30-22.00 Raum 2 17.00-22.00 Raum 3	Freies Training: 17.00-19.15 Raum 1 17.00-19.15 Raum 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:

R = Raum
 OL = Open Level
 L = Level
 Int. = Intermediate
 Adv. = Advanced
 Online = bitte Kursregeln beachten