

INFOS

UNSERE RÄUME

1. STOCK Raum 1: 10 Poles
Raum 2: 10 Silks, 1 Hoop
Raum 3: 2 Poles, 1 Silk, 1 Hoop

ERDGESCHOSS Raum 4: 9 Poles, 8 Hoops
Raum 5: 8 Hammocks, Chairs

KURSBUCHUNG

Bitte reserviere dir vorab per App oder über unsere Homepage www.polestructions.com einen Platz im Kurs deiner Wahl und melde dich vor Kursbeginn im Büro im 1. Stock an.

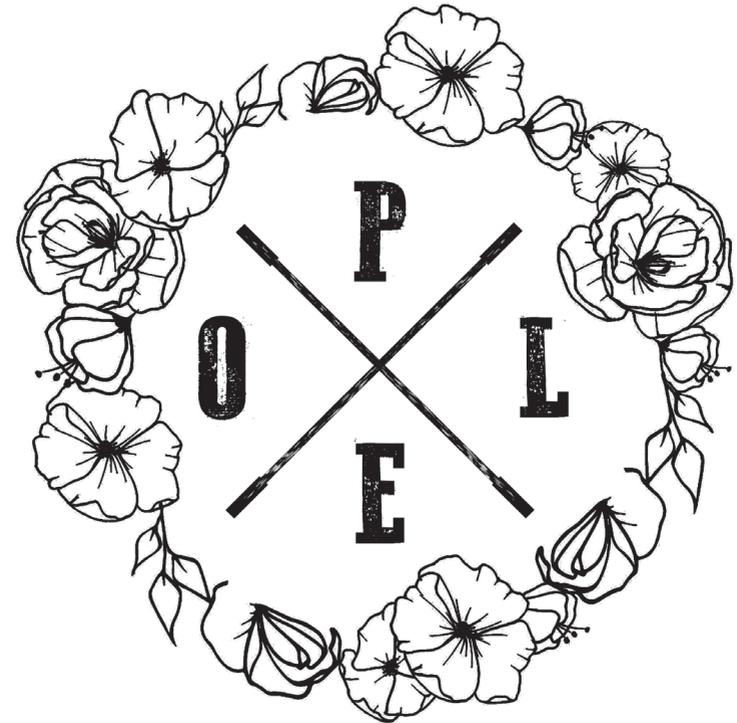
FREIES TRAINING

Das freie Training ist für Mitglieder kostenfrei.
Externe zahlen 7,00 € pro Einheit.
Ohne Anmeldung / Geräteanspruch.



POLESTRUCTIONS

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POLESTRUCTIONS

STUDIO FÜR **POLEDANCE** UND **LUFTAKROBATIK**

KURSPLAN

AB
AUGUST
2025

	RAUM 1	RAUM 2	RAUM 3	RAUM 4	RAUM 5	ONLINE
MO	17.30 - 19.00 POLE DANCE BEGINNER	17.30 - 19.00 AERIAL SILK INTERMEDIATE	17.00 - 22.00 FREIES TRAINING	17.30 - 18.30 GET YOUR AERIAL STRENGTH OPEN LEVEL	17.00 - 18.30 FREIES TRAINING	
19.15 - 20.45 POLE DANCE INTERMEDIATE	19.15 - 20.45 AERIAL SILK BEGINNER	18.45 - 20.15 AERIAL HOOP ADVANCED		18.45 - 20.15 STRETCHING OPEN LEVEL	18.45 - 20.15 STRETCHING OPEN LEVEL	
21.00 - 22.00 POLE FLOW OPEN LEVEL	21.00 - 22.00 FREIES TRAINING	20.30 - 22.00 AERIAL HOOP BEGINNER		20.30 - 22.00 FREIES TRAINING		
DI	17.30 - 19.00 POLE DANCE INTERMEDIATE	17.30 - 19.00 AERIAL SILK BEGINNER	17.00 - 22.00 FREIES TRAINING	17.45 - 19.00 AERIAL HOOP SPINNING FLOW OPEN LEVEL	18.00 - 19.00 HANDSTANDS BASICS OPEN LEVEL	
19.15 - 20.45 POLE DANCE ADVANCED	19.15 - 20.45 AERIAL SILK BASICS OPEN LEVEL	19.15 - 20.15 AERIAL HOOP INTRODUCTION		19.15 - 20.15 FULL BODY FLEXIBILITY OPEN LEVEL	19.45 - 21.00 STRENGTH & STRETCH OPEN LEVEL	
21.00 - 22.00 POLE DANCE SPINNING BEGINNER	21.00 - 22.00 FREIES TRAINING	20.30 - 22.00 AERIAL HOOP DYNAMICS AB INTERMEDIATE		20.30 - 21.30 AERIAL HAMMOCK OPEN LEVEL		
MI	17.30 - 19.00 POLE DANCE ADVANCED	18.00 - 19.00 AERIAL SILK INTRODUCTION	17.00 - 22.00 FREIES TRAINING	17.00 - 18.30 POLE BASICS OPEN LEVEL	17.45 - 18.45 AERIAL HAMMOCK OPEN LEVEL	
19.15 - 20.15 POLE DANCE INTRODUCTION	19.15 - 20.45 AERIAL SILK ADVANCED	18.45 - 20.15 AERIAL HOOP INTERMEDIATE		19.00 - 20.00 BURLESQUE / CHAIR DANCE OPEN LEVEL		
20.30 - 22.00 POLE DANCE INTERMEDIATE	21.00 - 22.00 FREIES TRAINING	20.30 - 22.00 POLE DANCE BEGINNER		20.15 - 21.15 FLOORWORK OPEN LEVEL		

	RAUM 1	RAUM 2	RAUM 3	RAUM 4	RAUM 5	ONLINE
DO	17.45 - 19.00 POLE FLOW OPEN LEVEL	18.00 - 19.00 AERIAL SILK FLOW AB INTERMEDIATE	17.00 - 20.45 FREIES TRAINING	17.30 - 19.00 POLE DANCE INTERMEDIATE	18.00 - 19.00 HANDSTANDS AB INTERMEDIATE	19.15 - 20.45 POWER STRETCHING OPEN LEVEL
19.15 - 20.45 POLE DANCE ADVANCED	19.15 - 20.45 AERIAL SILK INTERMEDIATE	19.15 - 20.45 AERIAL HOOP BEGINNER		19.15 - 20.45 POWER STRETCHING OPEN LEVEL	19.15 - 20.45 POLE DANCE ADVANCED	
FR	17.00 - 18.00 POLE FLOW EXOTIC OPEN LEVEL	17.00 - 18.30 AERIAL SILK MIXED LEVEL	17.00 - 21.00 FREIES TRAINING	17.00 - 18.00 POLE FLOW AB INTERMEDIATE		
18.30 - 20.00 POLE DANCE BEGINNER	18.45 - 21.00 FREIES TRAINING	18.30 - 20.00 AERIAL HOOP INTERMEDIATE		18.15 - 19.30 STRETCH & RESTORE OPEN LEVEL		
20.15 - 21.15 POLE DYNAMICS AB INTERMEDIATE						
SA	11.45 - 12.45 POLE FLOW EXOTIC OPEN LEVEL	11.45 - 12.45 AERIAL SILK CONDITIONING OPEN LEVEL	12.00 - 14.30 FREIES TRAINING	11.45 - 12.45 POLE DANCE SPINNING INTERMEDIATE		
13.00 - 14.30 POLE DANCE BEGINNER	13.00 - 14.30 FREIES TRAINING	13.00 - 14.30 POLE DANCE INTERMEDIATE				
SO	12.00 - 14.00 FREIES TRAINING	12.00 - 14.00 FREIES TRAINING	12.00 - 14.00 FREIES TRAINING	12.00 - 14.00 FREIES TRAINING	12.00 - 14.00 FREIES TRAINING	

- POLE DANCE
- AERIAL HOOP
- AERIAL SILK
- CHOREOGRAPHIE
- TECHNIK
- MOBILITY
- FREIES TRAINING