

INFOS

UNSERE RÄUME

1. STOCK

Raum 1: 10 Poles

Raum 2: 10 Silks, 1 Hoop

Raum 3: 2 Poles, 1 Flying Pole, 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.polestrutions.com einen Platz im Kurs deiner Wahl und melde dich vor Kursbeginn im Büro im 1. Stock an.

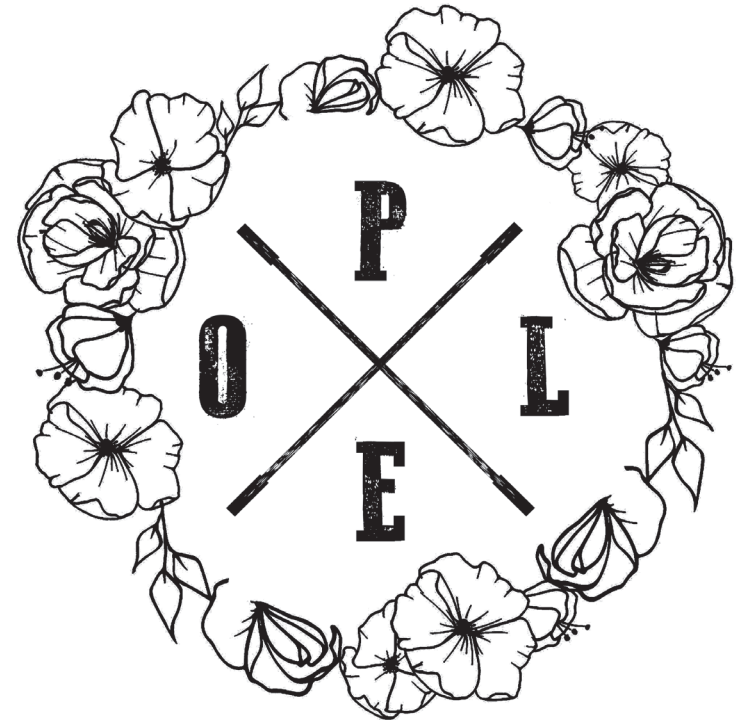
FREIES TRAINING

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
2026

	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	17.30 – 18.30 AERIAL HAMMOCK OPEN LEVEL	
	19.15 – 20.45 POLE DANCE INTERMEDIATE	19.15 – 20.45 AERIAL SILK BEGINNER		18.45 – 20.15 AERIAL HOOP ADVANCED	18.45 – 20.00 STRETCHING OPEN LEVEL	18.45 – 20.00 STRENGTH & STRETCH OPEN LEVEL
	21.00 – 22.00 POLE DYNAMICS AB INTERMEDIATE	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 MIXED 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	
	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 FASZIEN-TRAINING OPEN LEVEL	
MI	17.45 – 19.00 PREHAB & REHAB OPEN LEVEL	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 PRÄ- & POSTNATAL 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 AERIAL HAMMOCK OPEN LEVEL	

	RAUM 1	RAUM 2	RAUM 3	RAUM 4	RAUM 5	ONLINE
DO	17.45 – 19.00 POLE FLOW OPEN LEVEL	17.30 – 19.00 AERIAL SILK FLOW AB INTERMEDIATE	17.00 – 20.45 FREIES TRAINING	18.00 – 19.00 POLE DANCE SPINNING MIXED 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	
FR	17.00 – 18.00 FLOOR WORK OPEN LEVEL	17.30 – 19.00 AERIAL SILK MIXED LEVEL	17.00 – 21.00 FREIES TRAINING	17.15 – 18.15 POLE FLOW AB INTERMEDIATE		17.00 – 18.00 FLOOR WORK OPEN LEVEL
	18.15 – 19.15 POLE FLOW EXOTIC OPEN LEVEL	19.15 – 21.00 FREIES TRAINING		18.30 – 20.00 AERIAL HOOP INTERMEDIATE	18.15 – 19.30 STRETCH & RESTORE OPEN LEVEL	
	19.30 – 21.00 POLE DANCE BEGINNER					
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	MOBILITY / RESTORE
CHOREOGRAPHIE	TECHNIK	AERIAL HAMMOCK	FREIES TRAINING