

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**

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 - KATHI **LOFT I**

17:30 - POLE GYM BASIS

60MIN - BAHATI **LOFT II**

18:45 - POLE ROUTINES BASIS+

60MIN - BAHATI **LOFT I**

18:45 - POLE FLOW 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 - CORINNA **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