

KURSPLAN *ONLINE*

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

SAMSTAG

SONNTAG

12:15 - POLE ROUTINES ALL LEVEL
60MIN - NINA [ONLINE CLASS](#)

13:25 - POLE GYM I
60MIN - NINA [ONLINE CLASS](#)

12:15 - PRETTY POLE SHAPES INTERM.
60MIN - KATHI [ONLINE CLASS](#)

13:25 - FLOOR BASE
60MIN - KATHI [ONLINE CLASS](#)

17:30 - SENSUAL POLE ALL LEVEL
60MIN - JENNY [ONLINE CLASS](#)

17:30 - POLE TRICKS INTERM.
60MIN - NINA [ONLINE CLASS](#)

17:30 - LYRICAL POLE ALL LEVEL
60MIN - KATHI [ONLINE CLASS](#)

17:30 - POLE GYM II
60MIN - ANJA [ONLINE CLASS](#)

18:40 - FLEXIBILITY BACK & HIPS
60MIN - JENNY [ONLINE CLASS](#)

18:40 - RUSSIAN STYLE POLE
60MIN - NINA [ONLINE CLASS](#)

18:40 - FIND YOUR BALANCE
WOCHENTHEMEN*
60MIN - KATHI [ONLINE CLASS](#)

18:40 - FLEXIBILITY SPLITS
60MIN - ANJA [ONLINE CLASS](#)

NORD *pole*

MENDELSSOHNSTRASSE 15B

22761 HAMBURG

* **FIND YOUR BALANCE:** W1 HEADSTAND, W2 HANDSTAND, W3 FOREARM STAND, W4 CHEST STAND