



Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Beginner 17:30-18:30Uhr Silja			Open Pole 17:45-18:45Uhr Silja	Personal Training 17:00-18:30Uhr Team	Open Pole 10:00-11:00Uhr Silja
Intermediate Tricks & Combos 18:45-19:45Uhr Silja			Intermediate Grundlagen & Technik 19:00-20:00Uhr Nadine	Pole Minis 18:30-19:30Uhr Silja	Spinning 11:00-12:00Uhr Silja
Beginner 20:00-21:00Uhr Silja				Heels Technique 19:30-20:30Uhr Nicole	