

# KURSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00-10:00		09:30 - 10:30 BEGINNER POLE DANCE				BEGINNER POLE DANCE	
10:15-11:15						BEGINNER POLE DANCE	10:45 - 11:45 BEGINNER POLE DANCE
11:30-12:30						POLE TRICKS	12:00 - 13:00 POLE TRICKS
12:45-13:45						Exotic Combos & Flows	13:15 - 14:15 FLEXIBILITY
					15:45 - 16:45 POLE TRICKS		14:30 - 15:30 FORTGESCHRITTEN POLE DANCE
17:00-18:00	POLE TRICKS	BEGINNER POLE DANCE	BEGINNER POLE DANCE	POLE TRICKS	SPINNING POLE		
18:15-19:15	FORTGESCHRITTEN POLE DANCE	FORTGESCHRITTEN POLE DANCE	BEGINNER POLE DANCE	BEGINNER POLE DANCE	BEGINNER SPINNING POLE		
19:30-20:30	POLE TRICKS	FORTGESCHRITTEN POLE DANCE	FORTGESCHRITTEN POLE DANCE	FORTGESCHRITTEN POLE DANCE	90 MIN. AERIAL HOOP		
20:45-21:45	FORTGESCHRITTEN POLE DANCE	POLE TRICKS	FORTGESCHRITTEN POLE DANCE	BEGINNER POLE DANCE			