

# Kursplan 2019



**MO**

**DI**

**Intermediate / Advanced Pole  
Floor Work**

**18:00-19:15  
19:30-20:45**

**MI**

**Slow Flow  
Beginner Pole**

**18:00-19:15  
19:30-20:45**

**DO**

**Intermediate / Advanced Pole  
Beginner Pole**

**18:00-19:15  
19:30-20:45**

**FR**

**SA**

**Stretching  
Freies Training / open class**

**11:00-12:00  
12:00-15:00**

**SO**

**Workshops / Privatstunden**