

Kursplan 2022



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
15. August	16. August	17. August	18. August	19. August	20. August	21. August
	18:30 - 20:00 Pole Dance Beginner Manuela				10:30 - 12:00 Pole Dance Beginner Elisa	
22. August	23. August	24. August	25. August	26. August	27. August	28. August
			18:30 - 20:00 Pole Dance Intermediate Manuela			
29. August	30. August	31. August	1. September	2. September	3. September	4. September
			18:30 - 20:00 Pole Dance Beginner Alla		14:15 - 15:45 Pole Dance Beginner Alla	
5. September	6. September	7. September	8. September	9. September	10. September	11. September
			18:30 - 20:00 Pole Dance Intermediate Manuela			
			20:15 - 21:15 Pole Dance 4er Kurs Manuela		14:30 - 16:00 Pole Dance Beginner Choreo Nadja	
12. September	13. September	14. September	15. September	16. September	17. September	18. September
	18:30 - 20:00 Pole Dance Intermediate Manuela		18:30 - 20:00 Pole Dance Beginner Alla		10:30 - 12:00 Pole Dance Beginner Elisa	
			20:15 - 21:15 Schnupperstunde Pole Dance Manuela		12:15 - 13:00 Flexi / Stretch WS Elisa	
19. September	20. September	21. September	22. September	23. September	24. September	25. September
	18:30 - 20:00 Pole Dance Beginner Alla				10:30 - 12:00 Floorwork Elisa	
					12:15 - 13:15 Pole Dance 4er Kurs Elisa	
26. September	27. September	28. September	29. September	30. September	1. Oktober	2. Oktober