

# PURE:MOTION

· PURE MOVEMENT · AERIAL MOTION ·

Poledance Kursplan (ab 20.06.2018)

	Montag		Dienstag		Mittwoch		Donnerstag		Sonntag	
	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2
10:00										
11:00										
12:00										
13:00									13:00 - 14:00 Double Pole Lea ab 01.07.	
14:00									14:00 - 15:00 Nachholstunde All Levels Anna	14:00 - 15:00 Freetime
15:00									15:00 - 16:00 Intermediate 6 Lea ab 22.07.	15:00 - 16:00 Schnupperkurs Beginner Christina
16:00									16:00 - 17:00 Expert A Christina ab 22.07.	16:00 - 17:00 Stretch for Pole Lea ab 01.07.
17:00				17:00 - 18:00 Freetime	17:00 - 18:00 Schnupperkurs Beginner Elli	17:00 - 18:00 Freetime	17:00 - 18:00 Intermediate 5 Lea ab 05.07.	17:00 - 18:00 Basic 1 Marie ab 05.07.		17:00 - 18:00 Freetime
18:00	17:30 - 18:30 Intermediate 4 Marie ab 23.07.	17:30 - 18:30 Basic 2 Elli ab 18.06.	18:00 - 19:00 Intermediate 5 Peggy ab 17.07.	18:00 - 19:00 Advanced 8 Lea ab 10.07.	18:00 - 19:00 Basic 3 Elli ab 11.07.	18:00 - 19:00 Freetime	18:00 - 19:00 Professional 10 Lea	18:00 - 19:00 Freetime		17:00 - 18:00 Expert B Professional Josi
19:00	18:30 - 19:30 Intermediate 6 Anna ab 23.07.	18:30 - 19:30 Basic 1 Marie ab 23.07.	19:00 - 20:00 Basic 3 Peggy ab 03.07.	19:00 - 20:00 Stretch for Pole Lea ab 03.07.	19:00 - 20:00 Intermediate 4 Ramona ab 27.06.	19:00 - 20:00 Expert Professional Josi	19:00 - 20:00 Back to Basics Lvl. 1-4 Lea ab 28.06.	19:00 - 20:00 Intermediate 5 Christina ab 05.07.		
20:00	19:30 - 20:30 Advanced 7 Josi ab 09.07.	19:30 - 20:30 Advanced 8 Christina ab 23.07.	20:00 - 21:00 Exotic Next Level Josi ab 03.07.	20:00 - 21:00 Basic 1 Carina ab 24.07.	20:00 - 21:00 Advanced 7 Josi ab 04.07.	20:00 - 21:00 Basic 2 Ramona ab 04.07.	20:00 - 21:00 Basic 2 Madeleine ab 14.06.	20:00 - 21:00 Intermediate 4 Christina ab 05.07.		
21:00	20:30 - 21:30 Basic 2 Christina ab 30.07.	20:30 - 21:30 Intermediate 4 Josi ab 06.08.								

Pole Motion = Choreographie    Pure Pole = Technik    Pole Specials    Freetime    Professional