

## MONTAG

## DIENSTAG

## MITTWOCH

## DONNERSTAG

## FREITAG

## SAMSTAG

## SONNTAG

|                                                              |                                                                     |                                                                       |                                                                       |                                                                     |                                                                        |                                                                     |
|--------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------|
|                                                              |                                                                     |                                                                       |                                                                       |                                                                     | <div>10:00 Uhr<br/>Contemporary Pole<br/>ab Level 1<br/>Hannah</div>   |                                                                     |
| <div>12:00 Uhr<br/>Pole Level 1<br/>Hannah</div>             | <div>12:00 Uhr<br/>Pole Level 1<br/>Hannah</div>                    | <div>12:00 Uhr<br/>Pole Level 1<br/>Spinning<br/>Hannah</div>         | <div>12:00 Uhr<br/>Mixed Level<br/>Hannah</div>                       |                                                                     | <div>11:10 Uhr<br/>Contemporary Pole<br/>Intermediate<br/>Hannah</div> | <div>11:30 Uhr<br/>Pole Level 1.2<br/>Spinning Flow<br/>Manni</div> |
| <div>13:10 Uhr<br/>Hello Invert<br/>Hannah</div>             | <div>13:10 Uhr<br/>Hello Upside Down<br/>Level 1-2<br/>Hannah</div> | <div>13:10 Uhr<br/>Hello Pole Level 0<br/>Hannah</div>                | <div>13:10 Uhr<br/>Pole Level 1<br/>Hannah</div>                      |                                                                     | <div>12:30 Uhr<br/>Level 2-3<br/>Hannah</div>                          | <div>12:40 Uhr<br/>Pole Level 1-2<br/>Spinning Flow<br/>Manni</div> |
| <div>14:20 Uhr<br/>Community Training</div>                  | <div>14:20 Uhr<br/>Community Training</div>                         |                                                                       |                                                                       |                                                                     | <div>12:30 Uhr<br/>Community Training</div>                            |                                                                     |
| <div>15:40 Uhr<br/>Hello Pole Level 0<br/>Nani</div>         |                                                                     |                                                                       |                                                                       |                                                                     |                                                                        |                                                                     |
| <div>17:00 Uhr<br/>Heels Choreo<br/>All Level<br/>Nani</div> | <div>17:00 Uhr<br/>Pole Level 1.2.<br/>Kirsten</div>                | <div>16:20 Uhr<br/>Spinning Flow<br/>Level 1<br/>Maïke</div>          | <div>16:00 Uhr<br/>Pole Level 1<br/>Sasha</div>                       | <div>16:00 Uhr<br/>Pole Level 1.1<br/>Spinning Flow<br/>Manni</div> |                                                                        |                                                                     |
|                                                              |                                                                     | <div>17:30 Uhr<br/>Contemporary Pole<br/>ab Level 1<br/>Maïke</div>   | <div>17:10 Uhr<br/>Flying Heels Choreo<br/>ab Level 1<br/>Sasha</div> | <div>17:10 Uhr<br/>Pole Level 2<br/>Spinning Flow<br/>Manni</div>   |                                                                        |                                                                     |
| <div>18:10 Uhr<br/>Pole Level 2<br/>Hannah</div>             | <div>18:10 Uhr<br/>Hello Pole Level 0<br/>Melly</div>               |                                                                       | <div>18:20 Uhr<br/>Hello Pole Level 0<br/>Lotte</div>                 | <div>18:20 Uhr<br/>Contemporary Pole<br/>ab Level 1<br/>Manni</div> |                                                                        |                                                                     |
| <div>19:20 Uhr<br/>Pole Level 3-4<br/>Hannah</div>           | <div>19:20 Uhr<br/>Pole Level 1.1<br/>Melly</div>                   | <div>18:40 Uhr<br/>Pole Level 3<br/>Spinning Flow<br/>Manni</div>     | <div>19:30 Uhr<br/>Pole Level 1.2<br/>Lotte</div>                     | <div>19:30 Uhr<br/>Community Training</div>                         |                                                                        |                                                                     |
| <div>20:30 Uhr<br/>Slow Flow<br/>Level 0<br/>Alina</div>     |                                                                     | <div>19:50 Uhr<br/>Contemporary Pole<br/>Intermediate<br/>Manni</div> | <div>20:40 Uhr<br/>Lyrical Pole Choreo<br/>ab Level 1<br/>Lotte</div> |                                                                     |                                                                        |                                                                     |