



# SOULXHAIN

Gubener Strasse 47, 10247 Berlin

gültig ab: 04. Okt 2022

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
		12:00 60 min	Pole Dance Level 1							11:00 60 min	Pole Virgins	11:00 60 min	Pole Play Time
17:00 60 min	Pole Play Time	17:00 60 min	Flight Club	17:00 60 min	Pole Play Time	17:00 60 min	Pole Play Time			11:00 60 min	Pole Technique Level 1	11:00 60 min	Flexibility Flow Sexy Splits
17:00 60 min	Pole Dance Intro to Pole	17:00 60 min	Flexibility Flow Open Shoulders	17:00 60 min	Extreme Flexibility Flow	17:00 60 min	Aerial Dance Hoop / Lyra	17:00 60 min	Pole Play Time	12:15 60 min	Flexibility Flow Back Bend	12:15 60 min	Heels & Steel Virgins
18:15 60 min	Pole Technique Level 1	18:15 60 min	Heels & Steel Virgins	18:15 60 min	Pole Virgins	18:15 60 min	Aerial Technique Hoop / Lyra	17:00 60 min	Flexibility Flow Sexy Splits	12:15 60 min	Heels & Steel X-otic Cardio	12:15 60 min	Pole Dance Level 1
18:15 60 min	Flexibility Flow Sexy Splits	18:15 60 min	Pole Dance Level 2	18:15 60 min	Pole Dance Level 1	18:15 60 min	Heels & Steel Conditioning	18:15 60 min	Pole Virgins	13:30 60 min	Handspring Clinic	13:30 60 min	Upside Down Handstands
19:30 60 min	Pole Virgins	19:30 60 min	Pole Virgins	19:30 60 min	Pole Technique Level 1	19:30 60 min	Pole Virgins	18:15 60 min	Pole Dance Level 1	13:30 60 min	Flying Heels Level 1	13:30 60 min	Heels & Steel X-otic Combo
19:30 60 min	Pole Dance Level 1	19:30 60 min	Pole Dance Level 1	19:30 60 min	Heels & Steel Floor TriX	19:30 60 min	Heels & Steel Old School	19:30 60 min	Pole Flow	14:45 60 min	Aerial Technique Fabric & Sling	14:45 60 min	Pole Dance Intro to Pole
20:45 60 min	Flexibility Flow Back Bend	20:45 60 min	Heels & Steel Sensual	20:45 60 min	Heels & Steel Slow Flow	20:45 60 min	Pole Dance Level 1	19:30 60 min	Pole Technique Level 1	14:45 60 min	Pole Play Time	14:45 60 min	Chair Dance
20:45 60 min	Pole Play Time	20:45 60 min	Pole Play Time	20:45 60 min	Heels & Steel Hard Style	20:45 60 min	Sexy Pole			16:00 60 min	Aerial Dance Fabric & Sling		