



Schedule

Gubener Strasse 47 B, 10243 Berlin

gültig ab: 2. Okt. 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
					11:00 60 min Pole Virgins	
	17:00 60 min Spinning Virgins	17:00 60 min Pole Play Time		17:00 60 min Pole Play Time	11:00 60 min Flying Heels Level 1	11:00 60 min Pole Play Time
17:00 60 min Pole Play Time	17:00 60 min Aerial Hoop Beginners	17:00 60 min Handspring Clinic	17:00 60 min Pole Play Time	17:00 60 min Flexibility Flow Sexy Splits	12:15 60 min Pole Technique Level 1	12:15 60 min Pole Technique 2
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 Pole Dance Level 1	18:15 60 min Pole Virgins	12:15 60 min Heels & Steel Lyrical Flow	12:15 60 min Pole Dance Level 1
18:15 60 min Flexibility Flow Sexy Splits	18:15 60 min Pole Dance Level 1	18:15 60 min Heels & Steel Sensual Flow	18:15 60 min Heels & Steel Virgins	18:15 60 min Pole Dance Level 1	13:30 60 min Pole Play Time	13:30 60 min Pole Virgins
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	19:30 60 min Sneaker Night Pole Choreo	13:30 60 min Spinning Virgins	13:30 60 min Contemporary Dance
19:30 60 min Pole Dance Level 1	19:30 60 min Pole Dance Level 2	19:30 60 min Pole Dance Level 1	19:30 60 min Spinning Flow Level 2	19:30 60 min Pole Dance Level 2		14:45 60 min Flexibility Flow Full Body
20:45 60 min Flexibility Flow Back Bend	20:45 60 min Heels & Steel Flow	20:45 60 min Heels & Steel Power Flow	20:45 60 min Contemporary Pole Flow	20:45 60 min Pole Play Time		14:45 60 min Pole Play Time
20:45 60 min Heels & Steel Old School	20:45 60 min Spinning Flow Level 1	20:45 60 min Flexibility Flow Sexy Splits	20:45 60 min Pole Play Time			

- Beginner
- Aerial
- Beg./ Intermediate
- Choreography
- Intermediate
- Flexibility/ Cond.
- Int./ Advanced
- Play Time

* Aerial Hoop will be starting 10.10.23

* Fridays Pole Dance Level 2 will be starting 13.10.23

