

FREITAG / FRIDAY

13:00 – 14:15

DYNAMIC MOVEMENTS (BEG-INT)
JANINE HOLLUNG

13:00 – 14:15

SENSUAL SLOW FLOW (ALL)
LAURA LOU

14:30 – 15:45

EASY BUT BEAUTIFUL (BEG-INT)
JULIA PENGLER

14:30 – 15:45

YOU BETTER WORK IT (INT-ADV)
POLE NICK

PAUSE - BREAK

16:30 – 17:45

PLAY WITH SPINS (INT-ADV)
JULIA PENGLER

16:30 – 17:45

HYPNOTIC LEGWORK (BEG)
LAURA LOU

18:00 – 19:15

BALANCE BABY (BEG-INT)
POLE NICK

18:00 – 19:15

FAKE SPLITS (INT)
JANINE HOLLUNG

SAMSTAG / SATURDAY

09:30 – 10:45

MY FAV TRICKS / COMBOS (INT-ADV)
JANINE HOLLUNG

09:30 – 10:45

FLOW ESSENTIALS (ALL)
LAURA LOU

11:00 – 12:15

STATIC LOW FLOW COMBO (BEG-INT)
JULIA PENGLER

11:00 – 12:15

ELECTRIC POWER FLOW (ADV)
LAURA LOU

PAUSE - BREAK

13:30 – 14:45

SHAPE IT (BEG-INT)
POLE NICK

13:30 – 14:45

BADASS TRICKS (INT-ADV)
JAKUB KOLASA

15:00 – 16:15

EASY FLIPS (INT)
JANINE HOLLUNG

15:00 – 16:15

SHADOWBANNED (ALL)
JAKUB KOLASA

16:30 – 17:45

LIFT ME UP (INT-ADV)
POLE NICK

16:30 – 17:45

SPLIT IT! (INT)
JULIA PENGLER

SONNTAG / SUNDAY

09:30 – 10:45

HOOP SPLITTY TRICKS (ALL)
JANINE HOLLUNG

09:30 – 10:45

LYRICAL CHOREO (ALL)
JULIA PENGLER

11:00 – 12:15

HOOP COMBOS (ALL)
JANINE HOLLUNG

11:00 – 12:15

HOW'S TRICKS (INT-ADV)
JAKUB KOLASA

PAUSE - BREAK

13:30 – 14:45

HAMMOCK COMBOS (ALL)
JULIA PENGLER

13:30 – 14:45

BADASS CHOREO (ALL)
JAKUB KOLASA

**WEEKEND WARRIORS
POLE CAMP**