

# WEEKEND WARRIORS POLE CAMP

## SCHEDULE / ZEITPLAN

### FRIDAY / FREITAG

13:00 – 14:15  
**LET'S DANCE – POLE CHOREO**  
BRITT BLOEM

13:00 – 14:15  
**SPLIT IT!**  
JULIA PENGLER

14:30 – 15:45  
**WITCHY ESSENTIALS**  
LAURA LOU

14:30 – 15:45  
**QUICKIES ON STATIC**  
BRITT BLOEM

PAUSE - BREAK

16:30 – 18:00  
**SWING IT TILL YOU BRING IT!**  
POLE NICK

16:30 – 17:45  
**PLAY WITH SPINS (BEG-INT)**  
JULIA PENGLER

18:15 – 19:30  
**HYPNOTIC PLASTIC**  
LAURA LOU

18:15 – 19:30 (C)  
**SPIN. TRICKS & COMBOS (INT-ADV)**  
JANINE HOLLUNG

### SATURDAY / SAMSTAG

09:15 – 10:45  
**MY FAVORITE STUFF**  
POLE NICK

09:30 – 10:45  
**TRICKS & COMBOS**  
BRITT BLOEM

11:00 – 12:30  
**ARTISTIC POLE CONNECTION**  
PETER HOLODA

11:00 – 12:15  
**SPINNY SHAPES**  
BRITT BLOEM

PAUSE - BREAK

13:15 – 14:45  
**TO THE FLOOR AND BACK**  
POLE NICK

13:30 – 14:45  
**HYPNOTIC FLOW**  
LAURA LOU

15:00 – 16:15  
**BEWITCHED DYNAMIC WORK**  
LAURA LOU

15:00 – 16:15  
**EASY FLIPS BECOME WOW**  
JANINE HOLLUNG

16:30 – 18:00  
**EXOTIC POLE ART**  
PETER HOLODA

16:30 – 17:45  
**STATIC TRICKS & COMBOS**  
JANINE HOLLUNG

### SUNDAY / SONNTAG

09:30 – 10:45  
**PLAY WITH SPINS (INT-ADV)**  
JULIA PENGLER

09:30 – 10:45  
**SPIN. TRICKS & COMBOS (BEG-INT)**  
JANINE HOLLUNG

11:00 – 12:15  
**LYRICAL POLE**  
JULIA PENGLER

11:00 – 12:15  
**BALANCE BABY!**  
POLE NICK

PAUSE - BREAK

13:30 – 14:45  
**STATIC LOW FLOW COMBOS**  
BRITT BLOEM

13:30 – 14:45  
**HOOP COMBOS**  
JANINE HOLLUNG