

Summer Timetable

Vom 01.06.2022 bis 30.08.2022 (Änderungen vorbehalten!)

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SONNTAG

**HEINRICH - HEINE -
GYMNASIUM**
14.00 - 16.30
happyplace
-C-

POLE LEVEL 1.3
18.30 - 19.30
happyplace
-C-

FREE ON / OFF POLE
17.30 - 18.30
happyplace / be yourself
-CREW-

POLE LEVEL 1.1
18.30 - 19.30
happyplace
-VIVI-

POLE LEVEL 2.2
18.30 - 19.30
happyplace
-C-

POLE LEVEL 1.1 & 1.2
17.30 - 18.30
happyplace
-C-

POLE LEVEL AB 1.3
11.00 - 12.00
happyplace
-C-


SENFLOW LEVEL 1.3
19.30 - 20.30
happyplace
-Chrissi-

POLE FLOW INT - ADV.
19.30 - 20.30
happyplace
-C-

**POLE CHOREOGRAPHY
BEGINNER**
19.30 - 20.30
happyplace
-ANA-

**SENSUAL POLE
INTERM. - ADV.**
19.30 - 20.30
happyplace
-C-

**POLE CHOREOGRAPHY 1.1 /
1.2**
17.30 - 18.30
happyplace
-Mati-


**POLE TRICKS - HANDS ON
ADJUSTMENTS**
12.00 - 13.00
happyplace
-C- 


POLE LEVEL 1.1
20.30 - 21.30
happyplace
-CHRISSE-

POLE LEVEL 2.1
18.30 - 19.30
happyplace
-C-

POLE LEVEL 1.2
20.30 - 21.30
happyplace
-ANA-

AERIAL HOOP BEG. / INT.
20.30 - 21.30
happyplace
-VIVI-

CONTORTION
18.30 - 19.30
beyourself Room
-C- 

FULL BODYSTRETCH
19.30 - 20.30
beyourself Room
-C- 

**POLE CHOREOGRAPHY
BEGINNER**
20.30 - 21.30
happyplace
-Mati-

YIN YOGA
20.30 - 21.30
beyourself Room
-C-


**4 WOCHEN BEGINNER KURSE
BITTE DER HOMEPAGE / EMAIL
KONTAKT ENTNEHMEN.**

Beginner = Alle Levels bis 1.2 // Intermediated = 1.3 // Advanced = ab 2.1

Sensual = mit High Heels / Polegraphy & Pole Flow = Pop / Lyric

Book online, via Eversports App or www.cssaerialdancestudio.com

Or WhatsApp (no Calling !): 01625981210

 = Online Kurs / On Demand Aufnahme