



*timetable Autumn / Winter*

START: 01.09.2023



# Autumn / Winter Timetable

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SONNTAG

**FREE ON / OFF POLE /HOOP**

17:30 - 18:30  
happyplace / beyourself  
-CREW-

**POLE TECHNIQUE  
AB LEVEL 1.3**

18:30 - 19:30  
happyplace  
-C-

**POLE LEVEL 1.1**

19:30 - 20:30  
happyplace  
-JANINA-

**POLEOGRAPHY 1.1 & 1.2**

20:30 - 21:30  
happyplace  
-JANINA-

**CONTORTION - THEMEN  
DEHNEN**

19:30 - 20:30  
beyourself Room  
-C-

**FLEXIBILITY & MOBILITY**

17:30 - 18:30  
beyourself Room  
-C-

**POLE FLOW  
LEVEL 1.3**

18:30 - 19:30  
happyplace  
-C-

**AERIAL HOOP CHOREO INT.**

19:40 - 20:40  
happyplace  
-VIVI-

**AERIAL HOOP CHOREO  
BEG.**

20:40 - 21:40  
happyplace  
-VIVI-

**DANCE ON HEELS**

19:30 - 20:30  
beyourself Room  
-C-

**SENSUAL INTERMEDIATE**

18:30 - 19:30  
happyplace  
-CHRISSI-

**SENSUAL BEGINNER  
1.1 & 1.2**

19:30 - 20:30  
happyplace  
-VIVI-

**POLE LEVEL 1.2**

20:30 - 21:30  
happyplace  
-VIVI-

**VINYASA YOGA BEGINNER**

19:30 - 20:30  
beyourself Room  
-CHRISSI-

**POLE INTERMEDIATE**

18:30 - 19:30  
happyplace  
-C-

**POLE FLOW INTERM.**

19:30 - 20:30  
happyplace  
-C-

**POLE LEVEL 1.3**

20:30 - 21:30  
happyplace  
-C -

**YIN YOGA**

19:30 - 20:30  
beyourself Room  
-C-

**POLE LEVEL 1.1**

16:30 - 17:30  
happyplace  
-TALINA /C-

**FLUIDITY FLOORWORK AB  
LEVEL 1.2**

17:30 - 18:30  
happyplace  
-C-

**FULL BODYSTRETCH**

16:30 - 17:30  
beyourself Room  
-C-

**POLE LEVEL 1.1 & 1.2**

10:00 - 11:00  
happyplace  
-C / Katja-

**MORNING YOGA FLOW**

11:00 - 12:00  
happyplace  
-C-



Vom 01.09.2023 bis 17.12.2023 (Änderungen vorbehalten)

Beginner = Alle Levels bis 1.3 // Intermediate = 2.0 // Advanced = 3.0

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

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Or WhatsApp (no Calling !): 01625981210

= Online Kurs / On Demand Aufnahme