



Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Beginner 17:30-18:30Uhr Silja			Intermediate 1 17:30-18:30Uhr Silja	Beginner DivErSie 18:30-19:30Uhr Team	Open Pole 10:00-11:00Uhr Silja
Intermediate 2 18:45-19:45Uhr Silja			Fit & Flexy 19:00-20:00Uhr Off Pole Melinda	Heels Technique 19:30-20:30Uhr Nicole	Spinning 11:00-12:00Uhr Silja
Open Pole 19:45-20:45Uhr Silja			Open Pole 20:00-21:00Uhr Team		