Winter Timetable

Monday

- **POLE VIRGINS** – -C- – 17.30-18.30h – Happy Place
- **POLE DANCE** Level 2.1 – -C- – 18.30-19.30h – Happy Place
- **EXOTIC POLE** Beginner – Chrissi – 19.30-20.30h – Happy Place
- **SLEX** All Levels – -C- – 19.30-20.30h – be yourself
- **POLE DANCE** Level 1.2 – Chrissi – 20.30-21.30h – Happy Place
- **Rücken Yoga** All Levels – -C- – 20.30-21.30h – ZOOM ONLY

Tuesday

- **MORNING YOGA** All Levels – -C- – 8.00-9.00h – ZOOM ONLY
- **POLE DANCE** Level 1.1 – -C- – 17.30-18.30h – Happy Place
- **POWER YOGA** All Levels – ab 3.11. – Ann Cathrin – 18.30-19.30h – be yourself
- **PILATES** All Levels – ab 3.11. – Ann Cathrin – 19.30-20.30h – be yourself
- **CONDITIONING** All Levels – Chris – 18.30-19.30h – Happy Place
- **POLE DANCE** Level 1.3 – -C- – 19.30-20.30h – Happy Place
- **CHOREOGRAPHY** Advanced – -C- – 20.30-21.30h – Happy Place

Wednesday

- **BODYWORKOUT** All Levels – Matias – 18.30-19.30h – Happy Place
- **VINYASA FLOW** All Levels – Tanja – 19.30-20.30h – be yourself
- **POLEOGRAPHY** Beginner – Anastasia – 19.30-20.30h – Happy Place
- **POLE DANCE** Level 1.1 – Anastasia – 20.30-21.30h – Happy Place
- **YIN YOGA** All Levels – Tanja – 20.30-21.30h – be yourself

Thursday

- **POLE DANCE** Level 2.1 – -C- – 18.30-19.30h – Happy Place
- **SONNENGRUß** Beginner – Selda – 19.30-20.30h – be yourself
- **EXOTIC POLE** Advanced – -C- – 19.30-20.30h – Happy Place
- **POLE DANCE** Level 1.3 – Chrissi – 20.30-21.30h – Happy Place

Friday

- **MOBILITY + TRX** All Levels – -C- – 17.30-18.30h – Happy Place
- **POLE DANCE** Level 1.1 & 1.2 – -C- – 18.30-19.30h – Happy Place
- **CONTORTION** All Levels – +ZOOM – -C- – 18.30-19.30h – be yourelf

Saturday

- **POLEOGRAPHY** Beginner – ab 7.11. – Vanessa – 14.00-15.00h – Happy Place

Sunday

- **AERIAL YOGA** All Levels – -C- – 11.00-12.00h – Happy Place
- **POLE DANCE** Level 1.1 – -C- / Matias – 12.30-13.30h – Happy Place
- **POLEOGRAPHY** Beginner – -C- / Matias – 13.30-14.30h – Happy Place
- **ON / OFF POLE** All Levels – Css - Team – 14.30-15.30h – Happy Place
- **AERIAL HOOP** Level 1.1 – Vivi – 17.30-18.30h – Happy Place

Beginner= Alle Mitglieder bis Level 1.2 // Advanced= Mitglieder ab Level 1.3

Book online, via Eversports App or Instagram

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