

Secret Moves KURSPLAN

gültig ab 13.01.2025

Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag		Sonntag	
Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 3 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 3 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 3 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 3 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 3 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG
					09:30 - 10:30 Ballance Balls						09:30 - 10:30 Aerial Yoga				10:15 - 11:15 Pole Dance Basic		10:15 - 11:15 Pole Dance Intermediate	
															11:30 - 12:30 Pole Dance Basic		11:15 - 12:15 Free Train	11:15 - 12:15 Free Train
															12:45 - 13:45 Pole Dance Extended		12:15 - 13:15 Pole Dance Extended	
															14:00 - 15:00 Probestunde		13:30 - 14:30 Pole Dance Basic	
16:00 - 17:00 Free Train	16:00 - 16:50 Kids AERIAL HOOP		16:00 - 16:50 Kids POLE DANCE	16:00 - 17:00 Free Train		16:00 - 17:00 Free Train	16:00 - 17:00 Free Train	16:00 - 16:50 Kids HAMMOCK	16:00 - 17:00 Free Train	16:00 - 17:00 Free Train	16:00 - 16:50 Kids YOGA	16:00 - 17:00 Free Train	16:00 - 17:00 Free Train					
17:00 - 18:00 Pole Dance Basic	17:00 - 17:50 Teens AERIAL HOOP	17:00 - 17:45 BOP	17:00 - 17:50 Teens POLE DANCE	17:00 - 18:00 Free Train		17:00 - 18:00 Free Train	17:00 - 18:00 Free Train	17:00 - 17:50 Teens HAMMOCK	17:00 - 18:00 Pole Dance Extended	17:00 - 18:00 Free Train	17:00 - 17:50 Teens YOGA	17:00 - 18:00 Pole Dance Intermediate	17:00 - 18:00 Pole Dance Intermediate	17:00 - 18:00 Chair Dance all Level				
18:15 - 19:15 Flexibility	18:00 - 19:00 Aerial Hoop Basic	18:00 - 18:45 Bungee Fit	18:15 - 19:15 Pole Dance Extended	18:00 - 19:00 Advanced	17:45 - 18:45 Hatha Yoga	18:15 - 19:15 Pole Dance Basic	18:00 - 19:00 Pole Dance Basic	18:00 - 18:45 Bungee Fit	18:15 - 19:15 Pole Technique Basic / Extended	18:00 - 19:00 Heel Pole all Level	18:00 - 18:30 Core Mix 18:30 - 19:30 Step Aerobic	18:15 - 19:15 Pole Dance Extended	18:00 - 19:00 Flexibility	18:15 - 19:15 Aerial Hammock Tricks & Kombos all Level				
		19:00 - 20:00 Barre Concept			19:00 - 20:00 Work your Body			19:00 - 20:00 Aerial Yoga										
19:30 - 20:30 Pole Dance Intermediate	19:15 - 20:15 Aerial Hoop Extended		19:30 - 20:30 Pole Dance Intermediate	19:15 - 20:15 Aerial Hoop Intermediate		19:30 - 20:30 Pole Dance Extended	19:15 - 20:15 Flexibility	19:00 - 20:00 Aerial Yoga	19:30 - 20:30 Pole Technique Intermediate / Advanced	19:15 - 20:15 Advanced	19:45 - 21:15 Yn Yoga	19:30 - 20:30 Pole Dance Basic	19:15 - 20:15 Heel Pole all Level	19:30 - 20:30 Aerial Hammock Choreo all Level				
20:30 - 21:30 Free Train	20:30 - 21:30 Aerial Hoop Intermediate		20:45 - 21:45 Pole Dance Basic		20:00 - 20:30 Core Mix	20:45 - 21:45 Pole Dance Intermediate	20:30 - 21:30 Free Train	20:15 - 21:00 Hoop Fit	20:45 - 21:45 Pole Dance Basic			20:45 - 21:45 Pole Dance Basic	20:30 - 21:30 Pole Dance Extended					

Öffnungszeiten Workers Hall: Mo. - Fr. 08:30 - 22:00 Uhr
Sa. + So. 10:00 - 16:00 Uhr