

Secret Moves KURSPLAN

gültig ab 10.11.2025

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 4 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 4 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 2 Secret Moves EG	Kursraum 3 Secret Moves OG	Kursraum 1 Secret Moves EG	Kursraum 1 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	
10:00 - 11:00 Free Train	10:00 - 11:00 Free Train																11:30 - 12:30 Pole Dance Basic	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 - 16:50 Kids HAMMOCK		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 - 17:50 Teens HAMMOCK		17:00 - 18:00 Pole Dance Extended	17:00 - 17:50 Teens YOGA			17:00 - 18:00 Pole Dance Intermediate	17:00 - 18:00 Aerial Hoop Intermediate				
												18:00 - 18:30 Core Mix	18:00 - 19:00 Reformer Pilates	18:15 - 19:15 Pole Dance Extended	18:05 - 19:05 Flexibility	18:15 - 19:15 Aerial Yoga			
18:15 - 19:15 Flexibility	18:00 - 19:00 Aerial Hoop Basic	18:00 - 18:45 Hatha Yoga	18:15 - 19:15 Pole Dance Extended	18:00 - 19:00 Pole Dance Advanced		18:00 - 20:00 Reformer Pilates	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	18:30 - 19:30 Step Aerobic							
19:30 - 20:30 Pole Dance Intermediate	19:15 - 20:15 Aerial Hoop Extended	19:15 - 20:15 Barre Concept	19:30 - 20:30 Pole Dance Intermediate	19:30 - 20:30 Aerial Hoop Basic	19:00 - 20:00 Work your Body	19:00 - 20:00 Reformer Pilates	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 Pole Dance Advanced	19:45 - 21:15 Yin Yoga		19:00 - 20:00 Reformer Pilates	19:30 - 20:30 Pole Dance Basic	19:15 - 20:15 Heel Pole all Level	19:30 - 20:30 Aerial Hammock Flow		
20:30 - 21:30 Free Train Pole	20:30 - 21:30 Aerial Hoop Intermediate		20:45 - 21:45 Pole Dance Basic	20:45 - 21:45 Aerial Hoop Extended	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