

KURSPLAN No. 58

MO, 02. MÄRZ 2020 - SO, 03. MAI 2020

**AERIAL
DANCE
CENTER**
adc.hamburg

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	ZEIT	SAMSTAG
16:45	MOMMY POLE Open Level Krissy <i>Tricks & Combos</i>	—	—	—	HOOP Intermediate Valentina <i>Performance</i>	10:00 - 22:00	BOOK NOW! Ausbildungen Workshops Partys & Privates
	PLAY TIME Students & Friends <i>Freies Training</i>	—	PLAY TIME Students & Friends <i>Freies Training</i>	PLAY TIME Students & Friends <i>Freies Training</i>	LAP DANCE Open Level Julia <i>Performance</i>		
18:00	EXOTIC FLOOR & POLE Open Level Jeff <i>Tricks & Combos</i>	HAMMOCK Intermediate Stella <i>Performance</i>	ROCK THE POLE Level 3 Krissy <i>Performance</i>	SENSUAL POLE Level 2 Krissy <i>Performance</i>	HOOP Beginner Valentina <i>Tricks & Combos</i>	ZEIT	SONNTAG
	ART OF POLE Level 1 Krissy <i>Performance</i>	FLOORWORK Open Level Sazzy <i>Performance</i>	POLE MOUNTS & LIFTS Beg & Int Svetlana <i>Exercises</i>	SOUL FLOW POLE Open Level Jana & Jeff <i>Performance</i>	ALL ABOUT FISHFLOPS Open Level Sazzy <i>Tricks & Combos</i>		
19:15	ART OF POLE Level 5 Jana <i>Performance</i>	HANDSPRING & TRICKS Int+/Adv Stella <i>Tricks & Combos</i>	CONTEMPORARY POLE Intermediate Nele <i>Performance</i>	ART OF POLE Level 6 Jana <i>Performance</i>	BAD GIRLZ POLE Level 2 Svenja <i>Performance</i>	13:00	—
	EXOTIC POLE Beginners Jeff <i>Performance</i>	POLE TECHNIQUE Level 4a Svetlana <i>Tricks & Combos</i>	POLE TECHNIQUE Level 2 Krissy <i>Tricks & Combos</i>	EXOTIC POLE Intermediate Jeff <i>Performance</i>	TWERK Open Level Sazzy <i>Performance</i>	14:15	POLE TECHNIQUE Level 1 Kira <i>Tricks & Combos</i>
20:30	ART OF POLE Level 4 Julia <i>Performance</i>	FLEXIBILITY Legs & Back Stella <i>90 Minuten</i>	CONTEMPORARY POLE Beginner Marlene <i>Performance</i>	POLE TECHNIQUE Level 3 Krissy <i>Tricks & Combos</i>	SENSUAL POLE Level 5 Julia <i>Performance</i>	15:30	POLE SCHNUPPERKURS Level 0 Kira <i>Intro To Pole</i>
	BASICS EXOTIC POLE Neueinsteiger Jeff <i>Tricks & Combos</i>	ART OF POLE Level 3 Svetlana <i>Performance</i>	POLE SCHNUPPERKURS Level 0 Michael <i>Intro To Pole</i>	SENSUAL POLE Level 4 Jeff <i>Performance</i>	PLAY TIME Students & Friends <i>Freies Training</i>	16:45	—

ADC POLE LOFT ANMELDUNG www.adc.hamburg TELEFON 040 55564165 MAIL office@adc.hamburg OPEN HOURS 15 Minuten vor Kursbeginn STAND 02.02.2020 | Änderungen vorbehalten.

Unsere Kurse gehen über 8 Wochen. Einzene Stunden erst ab Kursplanstart buchbar! ☺

 = wöchentlich wechselnde Inhalte

 = Choreographie-Kurse

 = Neueinsteiger