

Stundenplan Redlightdance August 2016						
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Personaltraining & Raumvermietung auf Anfrage	Personaltraining & Raumvermietung auf Anfrage		Personaltraining & Raumvermietung auf Anfrage	Personaltraining & Raumvermietung auf Anfrage	Personaltraining/ JGA/ Geburtstagsparty/ auf Anfrage	Personaltraining & Raumvermietung auf Anfrage
10:30 Poedance Level 2-3 Wiebke		11:00 Poedance Level 2-3 Wiebke				
12:30-13:30 Poedance Level 1 Wiebke		16:30-17:30 Freies Stangentraining	11:30 Stretching Level 1 Julia	11:30 Poedance Level 1 Julia		12:30 Poedance Level 2-3 Wiebke
14:00 Poedance Level 1-2 Wiebke		16:30-17:30 Polefitness Level 1 Wiebke	15:15 Polefitness Level 2-3 Wiebke	15.15 Poedance Level 1-2 Wiebke		14:00 – 16:00 Freies Stangentraining
18:00 -19:00 Freies Stangentraining	17:30-18:30 Stretching Wiebke	17:30-18:30 Chairdance Marlen	17:00-18:00 Stretching Wiebke	16:00 - 18:00 Freies Stangentraining		
18:00 Polefitness Level 5-6 Wiebke	18:30 Poedance Level 1-2 Wiebke	17:00 Teenager/Kids Beginner Angelique	17:30 Power Pole Level 2 Maria	17:00-18:00 Poedance Teenager Level 1 Wiebke	16:00 Poedance Level 1-2 Lena	14:30-15:30 Stretching Wiebke
19:15 Poedance Level 1 Maria	18:45 Polechoreo Level 2-3 Maria	18:00 Poedance Level 5-6 Wiebke	18:15-19.15 Power-Workout Wiebke	18:30 Poedance Level 3-4 Wiebke		16:00 Poedance Level 2 Marlen
20:00-21:00 Hot Iron 1 Wiebke	20:00- 21:00 Hot Iron 2 Wiebke	18:30 Polefitness Level 2 Marlen	High Heels Kurs	20:00 Team-Pole „Redlightdancers“ Wiebke/Marlen	Personaltraining/ JGA/ Geburtstagsparty/ auf Anfrage	17:00 Poedance Level 1-2 Wiebke
20:00 Polefitness Level 2 Marlen	20:00 Poedance Level 1-2 Marlen	19:30 Polefitness Level 3 Julia	19:00 Level 2-3 Maria			17:30 Dirty Pole ab Level 2 Marlen
20:45-22:15 Poedance Level 1-2 Tatjana		20:00 Poedance Level 1-2 Marlen	20:00 Poedance Level 1-2 Steffi			18:45 Polefitness Level 1 Simone/Wiebke
		21:00 Poedance Level 2 Tatjana	20:45 Contemporary Pole Level 3 Bella			