

Trainingsplan

Montag					
	Nach Absprache				
Dienstag	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00
	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks
Mittwoch					
	Nach Absprache				
Donnerstag	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00
	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks	Poledance/Aerial Hoop/Aerial Silks
Freitag					
	Nach Absprache				