

Thursday, 1/10/2026

Location ⁵ 6 Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT
15:30 - 16:30	Hard Core for Inverts MONA <i>All Levels</i>	Static Flow Alchemy EDAN <i>Intermediate</i>	Pole Choreo - Floorwork with the Pole LEA ROTH <i>All levels</i>	Heels Foundation ANGELICA <i>All levels</i>	
16:45 - 17:45	Frame Up Foundations DARIA GENDINA <i>All Levels</i>	Static Flow Alchemy EDAN <i>Intermediate</i>	Pole Choreo - Floorwork with the Pole LEA ROTH <i>All levels</i>	Heels Foundation ANGELICA <i>All levels</i>	

Friday, 2/10/2026

Location ⁴ 6 Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT
09:00 - 10:00	Frame Up Foundations DARIA GENDINA <i>All Levels</i>	Spin like a Fairy MARINA VISH <i>Beginner</i>	Dynamic Pole Impact ANAMARIA BOZGA <i>Intermediate/Advanced</i>	Lines in Motion MONA <i>Intermediate</i>	
10:15 - 11:15	Acro Tricks in Dance DARIA GENDINA <i>All Levels</i>	Spin like a Fairy MARINA VISH <i>Beginner</i>	Dynamic Pole Impact ANAMARIA BOZGA <i>Intermediate/Advanced</i>	Lines in Motion MONA <i>Intermediate</i>	
11:30 - 12:30	Choreography Class DARIA GENDINA <i>All Levels</i>	Pole Splits LEA ROTH <i>Advanced</i>	Flowy Fundamentals ANAMARIA BOZGA <i>Beginner/Intermediate</i>	Grounded Flow EDAN <i>Intermediate</i>	
	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14:00 - 15:00	Fuel your Flow: Nutrition ANGELICA <i>All Levels</i>	Pole Splits LEA ROTH <i>Advanced</i>	Exotic Pole Choreo MARINA VISH <i>All Levels</i>	Grounded Flow EDAN <i>Intermediate</i>	
15:15 - 16:15	Burlesque Chair Dance LEA ROTH <i>All Levels</i>	Grounded Flow EDAN <i>Beginner</i>	Exotic Pole Choreo MARINA VISH <i>All Levels</i>	Spinning Sensuality ANGELICA <i>Intermediate</i>	Aerial Hoop for beginner MONA <i>Beginner</i>
16:30 - 17:30	Lap Dance LEA ROTH <i>All Levels</i>	Grounded Flow EDAN <i>Beginner</i>	Flowy Fundamentals ANAMARIA BOZGA <i>Beginner/Intermediate</i>	Spinning Sensuality ANGELICA <i>Intermediate</i>	Aerial Hoop for beginner MONA <i>Beginner</i>

Saturday, 3/10/2026

Location ⁴ 6 Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT
09:00 - 10:00	Acro Tricks in Dance DARIA GENDINA <i>All Levels</i>	Making Basics Beautiful EDAN <i>Beginner</i>	Favorite Tricks & Combos LEA ROTH <i>Intermediate</i>	Open Pole Without Trainer	Aerial Hoop Splits MONA <i>All Levels</i>
10:15 - 11:15	Choreography Class DARIA GENDINA <i>All Levels</i>	Making Basics Beautiful EDAN <i>Beginner</i>	Favorite Tricks & Combos LEA ROTH <i>Intermediate</i>	Open Pole Without Trainer	Aerial Hoop Splits MONA <i>All Levels</i>
11:30 - 12:30	Conditioning MONA <i>All Levels</i>	Flow Choreography ANAMARIA BOZGA <i>All levels</i>	Seduce the Static ANGELICA <i>High Beginner/Intermediate</i>	Flexy Pole MARINA VISH <i>Intermediate/Advanced</i>	
	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14:00 - 15:00	Choreography Class DARIA GENDINA <i>All Levels</i>	Flow Choreography ANAMARIA BOZGA <i>All levels</i>	Seduce the Static ANGELICA <i>High Beginner/Intermediate</i>	Flexy Pole MARINA VISH <i>Intermediate/Advanced</i>	
15:15 - 16:15	Stretching ANAMARIA BOZGA <i>All Levels</i>	Flexy Shapes on Pole LEA ROTH <i>Intermediate</i>	Strength in Flow EDAN <i>All levels</i>	Spin like a Fairy MARINA VISH <i>Intermediate/Advanced</i>	
16:30 - 17:30	<i>closed for REHEARSAL</i>	Flexy Shapes on Pole LEA ROTH <i>Intermediate</i>	Strength in Flow EDAN <i>All levels</i>	Spin like a Fairy MARINA VISH <i>Intermediate/Advanced</i>	

Sunday, 4/10/2026

Location ⁴ 6 Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT
09:30 - 10:30	Lyrical Flow Choreography MONA <i>All Levels</i>	Spin Technique ANAMARIA BOZGA <i>Beginner/Intermediate</i>	Temptation Lab ANGELICA <i>All levels</i>	Dynamic Static MARINA VISH <i>Intermediate/Advanced</i>	
10:45 - 11:45	Lines and aesthetics MONA <i>All Levels</i>	Spin Technique ANAMARIA BOZGA <i>Beginner/Intermediate</i>	Temptation Lab ANGELICA <i>All levels</i>	Dynamic Static MARINA VISH <i>Intermediate/Advanced</i>	

INFO 4	gray = FOR BOTH GROUPS	pink = GROUP A	blue = GROUP B
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www.polecamp.eu

CAMP 2 - Stand: 18.8.2026 (vorbehaltlich Änderung / Subject to change!)