

Workshops 2026



ANAMARIA BOZGA

(XXL-CAMP – Workshops in English)

Flow Choreography | **All levels**

For those who prefer dancing, this workshop is perfect for all levels, emphasizing floorwork. Participants should however have a basic understanding of pole spins. Join me for a class where you'll learn one of my flowy routines and enjoy the dance!

Transition Lab | **Intermediate**

From technical understanding to personal expression.

In this workshop, we will break down pole tricks by exploring multiple entries and exits, allowing you to understand how movement can evolve far beyond a single shape. You will learn different pathways into and out of familiar tricks such as sits, inverts, and hangs, focusing on control, efficiency, and fluidity. The goal is to help you see tricks not as fixed positions, but as open structures that can be approached in many ways. Once the technical foundation is set, you will be given a selection of tricks and guided to create your own unique combinations. This process encourages creativity and a deeper connection to your personal movement style.

Spin Technique | **Beginner/Intermediate**

In this workshop, you'll learn how to manage the spinning pole and gain control over your movement, even when the pole spins fast. We'll focus on momentum control, timing, and small technical details that make your combos look smooth and effortless. You'll learn when to use more or less momentum depending on the tricks and transitions you want to perform, helping you feel more confident, controlled, and intentional on the spin pole.

Dynamic Pole Impact | **Intermediate/Advanced**

In this workshop we will learn some beautiful dynamic tricks and some easy, absolutely achievable flips, which we will then transform into power combos. Depending on your level I will demonstrate both: easier and more challenging variations. *Requirements for this class: Comfortable Inverts & Leg Hangs.*

Flowy Fundamentals | **Beginner/Intermediate**

In this class we will explore unique approaches to climbing the pole and creating seamless transitions from climbs into tricks. At the end, we'll dance the combo as a short choreography, focusing on making it look effortlessly elegant and transforming basic tricks into a hypnotic, flowing sequence.

Off-Pole:

Stretching | **All Levels**

In this workshop we are going to work either on our leg or our back flexibility. We are going to train with specific exercises to improve those areas and get the most out of our flexibility.

MAMBO

(CAMP 1 - Workshops in English)

Twerkalicious Showstopper | **All level**

A choreography that blends all the major styles of sexy pole with one goal: make the crowd go wild. You'll learn various twerk and wine techniques in heels. Already voted the most scandalous workshop of the year. *To bring: stripper heels and knee pads.*

Basics in Heels | **Beginner**

A technical course to understand the mechanics and use of your heels by learning or perfecting the basic movements of pole heels. We will cover the following elements: Weight

transfer, Pirouettes, Waves, Rolls, Diamond, Twirls and Twerk. *To bring: platform shoes and knee pads.*

Flowy Babe - Flow/Old School | All levels

A choreography where the softness of Mambo Flow meets her Old School vibe, adding just the right touch of spice. You'll learn smooth transitions, wavy movements, all within a light and sensual atmosphere. *To bring: stripper heels or socks and knee pads.*

Base Work & Rise | Beginner/Intermediate

A workshop that blends Mambo's basework style with her signature tricks and combos at the top of the pole. You'll work on fluidity, detail awareness, and the art of moving from the floor to vertical with intention and control. A complete workshop to build confidence in heels, explore new pathways, and strengthen your technique.

Pole static, spin, or both depending on studio setup. *To bring: stripper heels.*

Dynamic Bitch - Hard/Old School | Intermediate/Advanced

A hybrid-style choreography that blends the power of hard style with the sensuality of Old School. Get ready for a fast, explosive, and outrageously sexy routine designed to bring out your ultimate bad-bitch energy. *To bring: stripper heels and knee pads.*

MARINA VISHNIAKOVA

(XXL-CAMP - Workshops in English)

Spin like a fairy | Beginner/Intermediate

Beginner: In this class I will be teaching beautiful transitions on spinning pole with the focus on putting together different tricks and shapes in a fluid and elegant way. This is a no-invert class. To participate you should be able to do basic spins and pole climbs.

Intermediate: Same as the previous one but for more advanced students, you should be able to invert and do outside/inside leg hangs.

Dynamic Static | Intermediate

We will be learning static spins and rotations and how to move fluidly on static pole making it look like spinning. I will also be teaching dynamic combos in this class with different kinds of flips and jump-offs.

Flexy Pole | Intermediate

This class is about flexibility tricks on Pole, splits and backbends. We are going to do a deep stretch before we dive into these tricks.

Exotic Pole Choreo | All levels

If you want to do some #poleforthesoul this class is for you.

We are going to dance a 1:30 minute choreo on pole (*heels would be great but not necessary, I would highly recommend wearing knee pads though*).

Off-Pole:

Flexibility Class | All Levels

This is an all-levels off the pole class. We will be working on our active and passive flexibility (both lower and upper body) to be able to do safe and controlled splits and back bends.

MATEVA

(CAMP 1- Workshops in English)

Easy lover | Beginner/Intermediate

EASY LOVER is a choreography based Workshop that explores dynamic switches between soft and intense movement, blending fluid sequences with sharp accents. It's a playground for those who want to explore their Heels work a little more and move in a way that feels authentic to themselves.

The choreo is structured as an outline that you can use to play with, offering space to invite new patterns into the body or revisit familiar movements for refinements. *What you need: Heels/Kneepads.*

Centrifuga | Intermediate/Advanced

CENTRIFUGA is Mateva's only Spinning Pole class, where learning tricks is secondary but execution and connection is the primary focus. With beautiful combinations, Mateva will break down step by step how you can use the momentum and weight transfers on the pole to move through different shapes without breaking the flow. The devil is in the details. *What you need: GRIP, HEELS (optional)*

666 | Intermediate

One of Mateva's all time favourites. In 666 you will be pushed through a Hardstyle choreography which allows you to release stress and get in a new challenge. It's a fast paced choreo with focus on speed, controlled aggression and musicality. *What you need: KNEEPADS, HEELS*

Off-Pole:

Floor Fuck | All Levels

In Floor Fuck, you are going to explore, learn or repeat different Floorwork elements, dragging your body across the room. Those elements will later be put together in a slow choreo where most attention goes to intention.

Mateva will help you find your way through space while giving prompts to play with sensations and different moods. *What you need: KNEEPADS, HEELS (optional)*

KAREM GUTIERREZ

(CAMP 1 - Workshops in English)

Static Rotations | Intermediate/Advanced

Static rotations are a mesmerizing skill where you create the illusion of a spinning pole on a static one, showcasing elegance and precision. In this workshop you'll be introduced to some basic ways to start your rotations journey, with rotation combos that don't include inversions. For advanced students, inversions and also aysa twisted may be included. Kareem, a master of this style, will introduce you to intricate combos that challenge your coordination and patience. Learn how to engage the right muscles, control your moves, and use your lines to create beautiful, seamless rotations. *Requirements: most of leg hangs.*

Pole Flow | All levels/Intermediate

In this workshop, you'll learn foundational flow techniques to seamlessly transition between pole and floor, enhancing the fluidity of your performance. Kareem will guide you through a choreography that incorporates floorwork elements like slides and rolls, perfectly complementing your pole tricks. The result is a cohesive, elegant routine that showcases your connection to the music and highlights your unique artistic expression.

Static Dynamics | All levels

This workshop is all about harnessing strength and control to create dynamic, gravity-defying movements on the static pole. Kareem will teach you how to incorporate powerful transitions, holds, and momentum-based tricks into your routines. You'll focus on building strength for explosive movements while learning how to maintain clean, polished technique throughout. Expect a mix of challenging tricks, smooth transitions, and expert guidance tailored to help you master strong, seamless motion on the static pole. *Requirements: aerial invert.*

Spinning Dynamics | Intermediate

Dive into the world of dynamic transitions on the spinning pole. In this workshop, Kareem will fluid overent sequences that challenge your strength, control, and dynamism. You'll explore intermediate spins, dynamic inversions, and the art of seamlessly transitions. This class is perfect for those looking to refine their spinning technique while learning how to combine power and grace. Expect personalized tips, technical breakdowns, and innovative combos that elevate your spinning pole artistry to the next level.

Pole Handstand | Beginner

In this workshop, you'll focus on mastering handstands using the pole for support. Karem will guide you through the fundamentals of handstand alignment, balance, and strength, helping you build the confidence to hold and control your balance. You'll learn various handstand entries and exits, explore how to use the pole for stability, and develop the core and shoulder strength necessary for clean, controlled lines. Whether you're new to handstands or looking to refine your technique, this workshop offers personalized tips and progressions to help you achieve strong, steady handstands that elevate your pole artistry.

CELESTIAL EDAN

(CAMP 2 - Workshops in English)

Static Flow Alchemy | Intermediate

The art of turning a static pole into poetry.

Play with momentum, body angles, and rotation control to create hypnotic, continuous flow.

Grounded Flow | Beginner/Intermediate

Move with the pole without leaving the floor.

A deep dive into slides, rotations, and grounded transitions-connecting strength with sensuality.

Making basics beautiful | Beginner

Relearn the fundamentals through artistry.

Turn spins, climbs, and sits into expressive, intentional movement-using breath, tempo, and detail.

Strength in flow | All levels

Conditioning disguised as artistry.

Drills that build endurance, control, and aesthetic awareness all at once.

LEA ROTH

(XXL-CAMP – Workshops in Deutsch/English)

Stronger than gravity | Intermediate/Advanced

Ein Power-Workshop rund ums Thema Kraft! Wir trainieren kraftvolle Tricks und Transitions wie Deadlifts, Muscle-Up, Iron-X, Handsprings, Shoulder Mounts und Pole-Handstände. Zusätzlich zeige ich dir gezielte Kraftübungen, mit denen du die nötige Power für diese Moves aufbauen kannst. Für alle, die der Schwerkraft trotzen wollen!

A power-focused workshop dedicated to strength! We'll train powerful tricks and transitions like deadlifts, muscle-ups, Iron-X, handsprings, shoulder mounts, and pole handstands. I'll also show you targeted strength drills to help you build the power needed for these challenging moves. For everyone ready to defy gravity!

Spinning Pole Flow | All levels

Lasst uns gemeinsam fliegen! In diesem Workshop geht es um den Flow und das Spiel mit dem Momentum - mal schnell, mal langsam. Wir kombinieren ästhetische Tricks mit schönen, interessanten Transitions, um einen flüssigen, ausdrucksstarken Stil auf der Spinning Pole zu entwickeln.

Let's fly together! This workshop explores flow and the play with momentum - from fast spins to slow, controlled shapes. We combine aesthetic tricks with interesting transitions to create a fluid, expressive spinning pole style.

Power Pole: Static Strength & Transitions | Intermediate

Stark, statisch, spektakulär! In diesem Power-Workshop an der Static Pole erarbeiten wir dynamische Kombis und explosive Transitions - mit Fokus auf Kraft, Kontrolle und Technik.

Strong. Static. Spectacular. In this power workshop, we'll explore dynamic combos and explosive

transitions on the static pole - focusing on strength, control, and clean technique.

Pole Choreo - Floorwork with the Pole | All levels

Ein tänzerischer Choreografie-Workshop mit und um die Pole - inspiriert von Jazz und Modern Dance. Ohne Tricks, aber mit viel Gefühl, schönen Linien und Dynamik. Wir tanzen am Boden und an der Pole und starten mit einem Technik-Warm-up, das dich auf die Choreo vorbereitet.

A dance-based choreography workshop on and around the pole - inspired by jazz and modern dance. No tricks, just movement, expression, beautiful lines, and flow. We start with a warm-up including dance technique to prepare for the choreo.

Pole Splits | Advanced

In diesem Workshop dreht sich alles um Splits an der Pole. Ich zeige dir meine liebsten Pole-Splits - mit Fokus auf schöne Linien, Körperkontrolle und stilvolle Ausführung.

Everything here revolves around splits on the pole. I'll share my favorite pole split variations - with a focus on beautiful lines, body control, and clean execution.

Favorite Tricks & Combos | Intermediate

Meine persönlichen Lieblingsmoves - kreative Tricks und Kombis an der Static und Spinning Pole. Mit vielen Varianten und stilvollen Übergängen, individuell auf das jeweilige Level abgestimmt.

My personal favorite moves - creative tricks and combos on both static and spinning pole. With stylish transitions and level-appropriate variations for every group setup.

Flexy Shapes on Pole | Intermediate

Wir konzentrieren uns auf elegante, flexible Posen direkt an der Pole - von schönen Flexy Shapes bis hin zu einzelnen Split-Variationen. Du brauchst keine extreme Beweglichkeit, wir arbeiten mit Varianten und Anpassungen, sodass du auch mit weniger Flexibilität beeindruckende Figuren meistern kannst.

This workshop is all about elegant, flexible poses on the pole - from beautiful flexy shapes to select split variations. No extreme flexibility required - I'll offer accessible options and variations so you can create beautiful lines at any level.

Off-Pole:

Burlesque Chair Dance | All Levels

Ein stilvoller Chair-Dance-Workshop mit einem Hauch Burlesque. Wir tanzen eine sinnliche, verspielte Choreo auf und mit dem Stuhl - inspiriert vom gleichnamigen Film. Lass deine Weiblichkeit leuchten und genieße eleganten Ausdruck mit einem Augenzwinkern.

A stylish chair dance workshop with a touch of burlesque. We'll learn a sensual and playful choreo on and with the chair - inspired by the famous *Burlesque* movie. Celebrate your femininity and enjoy elegant expression with a cheeky wink.

Lap Dance | All Levels

Ein Workshop mit Augenzwinkern - aber viel Technik! Wir entwickeln einen verführerischen Lap Dance auf dem Stuhl, der Sinnlichkeit, Selbstbewusstsein und Partnerinteraktion vereint. Für alle, die etwas Neues wagen wollen - mit Spaß und Stil.

A fun and flirty workshop - but with real technique! We'll create a seductive lap dance choreo on the chair that brings together sensuality, confidence, and playful interaction. Perfect for anyone looking to try something new - with style and attitude.

Get Flexy! | All Levels

Ein Workshop für alle, die ihre Flexibilität verbessern und ihre Beweglichkeit gezielt erweitern möchten. Flexibilität spielt im Pole Dance eine zentrale Rolle, denn sie ermöglicht größere Bewegungsfreiheit, bessere Linien und elegante Ausführungen. Wir arbeiten an allen Spagat-Variationen - mit Fokus auf Hüftbeuger sowie Schulter- und Rückenmobilität - für mehr Ausdruck und Leichtigkeit in deinen Tricks.

This workshop is for anyone looking to improve their flexibility and expand their range of motion. Flexibility plays a key role in pole dance, as it allows for greater movement freedom, cleaner lines, and more elegant execution. We'll focus on front and middle splits, hip flexors, shoulder and back mobility - to add expression and fluidity to your tricks.

ANGELICA

(XXL-CAMP – Workshops in English)

Spinning sensuality | Beginner/Intermediate

In this workshop, you'll learn how to transform simple pole basics into a sensual, flowing sequence. We'll focus on soft transitions, intentional body control, and a gentle, emotional quality of movement on the spinning pole. With creative prompts and a sensual combo, you'll explore your own unique expression—blending technique, feeling, and fluid movement. *Requirements: climbs, knee hooks, lifts, pole sits*

Heels Foundation | All levels

Want to improve your heels dancing and understand how to create more flow? Then this workshop is for you! We'll cover the basics you need to level up your flow—combining simple steps with proper technique and training your body in movement patterns that allow you to dance more freely. *To bring: Heels and kneepads.*

Seduce the static | Higher Beginner/Intermediate

This workshop is all about sensual high heels flow on the static pole. The focus is on grounded movement, beautiful leg lines, and slow, flowing transitions. You'll learn how to express your feminine and seductive side while creating a flow that feels elegant, controlled and sensual. *To bring: Heels or socks.*

Temptation Lab | Intermediate

Eye-catching moments? It doesn't have to be complicated. I'll show you my favorite transitions, drops, and movements in heels to captivate and excite your audience—without needing to perform highly complex tricks. *To bring: Heels (optional) and kneepads.*

Off-Pole:

Fuel your Flow | All Levels

In this workshop, you'll learn the fundamentals of a balanced diet tailored specifically for pole dancers. You'll discover how to fuel your body properly to support strength, endurance, and recovery. With practical tips, I'll show you how the right nutrition can enhance your progress on the pole—for more power, balance, and sustainable performance.

Burn it! | All Levels

Get ready to fire up with a dynamic full-body workout designed to build strength and body tension. The focus is on pushing your muscles to the limit—so you'll leave the class feeling the burn, with an exhausted smile on your face.

Hypnosis | All Levels

Sensual slides, intriguing spins, leg lines, and arches—this floorwork workshop focuses on exactly these elements. With the right technique, we'll turn the floor into our stage and learn a combo that will captivate your audience. *To bring: heels or socks, long pants and kneepads.*

Back-Bends | All Levels

Beautiful arches need training! In this session, we'll work on creating more range of motion and strengthening the back and core muscles to achieve safe, strong, and impressive bends.

Cool-Down | All Levels

Tired muscles and stiff joints after the whole camp? In this cool-down sequence, we'll gently release tension and help your body unwind. Through stretches and muscle releases, we'll support recovery and end the camp with a light, relaxed feeling.

DARIA GENDINA

(CAMP 2 - Workshops in English)

Off-Pole:

Frame Up Foundations | All Levels

This class focuses on the fundamentals of Frame Up technique. We will work on clean execution of the basic elements, posture, lines and control so that your movement looks strong, precise and aesthetically beautiful. This workshop is perfect for dancers who want to build a solid technical base and make their dance look more professional.

Choreografie Class | All Levels

In this workshop we will learn a choreography step by step, breaking down every element in detail. The focus will be on musicality, dynamics and performance quality. This class is designed to help dancers feel more confident in choreography and express their personality through movement.

Acro Tricks in Dance | All Levels

In this workshop we will explore dynamic acrobatic elements that can elevate your dance and make it more powerful and expressive. The class will include tricks for different levels — from beginners to more advanced dancers. We will work on elements such as jumps, shoulder stands and handstands, and most importantly learn how to smoothly integrate these tricks into choreography and freestyle.

MONA IN MOTION

(CAMP 2 Workshops in Deutsch/English)

Aerial Hoop & Pole:

Aerial Hoop for beginner | Beginner

Im Aerial Hoop Kurs für Beginner lernst du die Grundlagen kennen – wie er sich bewegt und wie du dich elegant darin bewegst. Wir erarbeiten erste Figuren, spielen mit Schwung und Balance und verbinden alles zu einer kleinen, fließenden Choreografie.

In the Aerial Hoop beginner class, you'll get to know the fundamentals—how the hoop moves and how you can move gracefully within it. We'll learn our first poses, explore momentum and balance, and connect everything into a short, flowing choreography.

Aerial Hoop Splits | All Levels

Hier stehen verschiedene Spagat-Variationen im und unter dem Aerial Hoop im Fokus. Gemeinsam entdecken wir kreative Shapes und fließende Übergänge, die deine Flexibilität und Lines im Hoop schön zur Geltung bringen. Du brauchst keinen perfekten Spagat: Der Kurs ist für alle Level geeignet und bietet dir passende Optionen, um dich sicher und elegant weiterzuentwickeln.

This class focuses on different split variations in and underneath the aerial hoop. Together, we'll explore creative shapes and smooth transitions that highlight your flexibility and lines in the hoop. You don't need to have perfect splits—the class is suitable for all levels and offers options to help you progress safely and gracefully.

Lines in Motion | Intermediate

In diesem Intermediate-Kurs erarbeiten wir gemeinsam an der Spinning Pole eine Combo, die verschiedene Transition-Möglichkeiten beinhaltet und dir Raum gibt, Bewegungen individuell an dein persönliches Level anzupassen. Mein Fokus liegt auf weichen, kontrollierten Übergängen und eleganten Linien, bei dem jede Bewegung ganz natürlich in die nächste übergeht. Dabei geht es nicht nur um Tricks, sondern vor allem darum, Bewegung und Gefühl miteinander zu verbinden.

In this intermediate class, we'll work together on a spinning pole combo that includes a variety of transition options and gives you the freedom to adapt movements to your own personal level. My focus is on soft, controlled transitions and elegant lines, where each movement flows naturally into the next. It's not just about tricks, but about connecting movement and emotion to create a seamless, expressive flow.

Off-Pole:

Hard Core for Inverts | All Levels

Hier ist der Name Programm. In diesem Off-Pole Workshop dreht sich alles um deinen Core als Schlüssel für saubere, kontrollierte Inverts. Mit gezielten Übungen stärken wir deine Rumpfmuskulatur, verbessern deine Körperspannung und arbeiten daran, die Kraft genau dorthin zu bringen, wo du sie an der Pole brauchst. Der Fokus liegt auf stabiler Kraftübertragung, bewusster Kontrolle und einer soliden Basis, die dir hilft, Inverts leichter, sicherer und technisch sauberer auszuführen.

The name says it all. This off-pole workshop is all about your core as the key to clean, controlled inverts. With targeted exercises, we strengthen your core muscles, improve body tension, and work on directing your strength exactly where you need it on the pole. The focus is on stable power transfer, conscious control, and building a solid foundation that helps you perform inverts more easily, safely, and with better technique.

Lines and aesthetics | All Levels

In diesem Kurs dreht sich alles um Lines, Aesthetics und die kleinen Details, die deine Bewegungen besonders machen. Wir arbeiten gezielt an Körperspannung, sauberen Linien und vor allem an gestreckten Zehenspitzen, um deinem Movement mehr Eleganz und Ausdruck zu verleihen. Durch bewusste, kontrollierte Übungen entwickelst du ein Gefühl für deinen Körper und lernst, wie du jede Bewegung länger, klarer und ästhetischer wirken lässt.

This class is all about lines, aesthetics, and the small details that make your movement stand out. We focus on body tension, clean lines, and especially pointed toes to bring more elegance and expression to your movement. Through mindful, controlled exercises, you'll develop a deeper awareness of your body and learn how to make each movement look longer, clearer, and more aesthetic.

Conditioning | All Levels

In dieser Off-Pole Conditioning Class liegt der Fokus auf Kraftausdauer, Körperspannung und bewusster Kontrolle deines Körpers – ganz ohne Hilfsmittel, nur mit deinem eigenen Körpergewicht. Dich erwartet ein effektives Workout, das deinen ganzen Körper stärkt und dich dabei unterstützt, mehr Stabilität und Kontrolle in deine Bewegungen zu bringen.

In this off-pole conditioning class, the focus is on strength endurance, body tension, and conscious control of your body—using nothing but your own body weight. Expect an effective full-body workout that builds strength and helps you gain more stability and control in your movements.

Lyrical Flow Choreography | All Levels

Tauche ein in eine gefühlvolle Lyrical Flow Choreografie – ganz ohne Pole, aber voller Ausdruck. In diesem Off-Pole Kurs geht es nicht um Perfektion, sondern darum, dich mit der Musik zu verbinden und dich frei zu bewegen. Gemeinsam erarbeiten wir eine fließende, auf die Musik abgestimmte Choreo mit vielen sinnlichen Floorwork-Elementen.

Immerse yourself in an emotional lyrical flow choreography—without the pole, but full of expression. This off-pole class isn't about perfection, but about connecting with the music and moving freely. Together, we'll create a flowing choreography that matches the music, with plenty of sensual floorwork elements.

Änderungen jederzeit vorbehalten!
Subject to change at any time!

WICHTIG / IMPORTANT

GYMNASTIKMATTE, KNIESCHONER, HEELS UND GRIPHILFEN

Eine eigene Gymnastikmatte, Knieschoner und event. Griphilfen sind selbst mitzubringen! Da hier die Teilnehmerinnen erfahrungsgemäß lieber mit ihren eigenen Mitteln arbeiten, werden diese am Polecamp nicht zur Verfügung gestellt! Wenn möglich bitte auch 2 Yogablöcke mitnehmen, da diese ev. für manche Workshops benötigt werden! Entsprechender Schutz in Form von Shoe Protectors für das Plateau der Heels/Boots wird empfohlen um Beschädigungen von Schuhen, sowie dem Boden, vorzubeugen. Da es beinahe unmöglich ist, die Poles nach Verwendung von itac2 wieder zu reinigen, besteht am Int. Polecamp absolutes itac2 Verbot!

EXERCISE MAT, KNEE PADSAND, HEELS, GRIP AIDS

Please bring exercise mat, knee pads and grip aids on your own to Bibione! As we made the experience that our participants prefer to use their own resources, they are not provided at the Polecamp! If possible, we also recommend bringing 2 yoga blocks on your own to Bibione, because those maybe required for some workshops! Appropriate protection in the form of shoe protectors for the platform of the heels/boots is recommended to prevent damage to shoes and the floor. As it is almost impossible to clean the poles again after using itac2, there is an absolute itac2 ban at Int. Polecamp!

REINIGUNG VON POLES & HOOPS

Vor Beginn eines Workshops ist das Trainingsgerät (Pole, Hoop, etc.) von jedem Teilnehmer selbst zu reinigen/desinfizieren. Desinfektionsmittel wird vom Veranstalter zur Verfügung gestellt. Diese Maßnahme ist verpflichtend und Teil unseres Hygienekonzeptes!

CLEANING POLES & HOOPS

By entering a workshop location each participant has to clean/disinfect his training equipment (pole, hoop, etc.) by himself. Disinfectant will be provided by the organizer. This measure is mandatory and part of our hygiene concept!

