

Samstag, 22. September 2018

| Location ▶ ▼ Time | 1 POOL (= off pole) | 2 FELLINI (ground floor) | 3 3rd FLOOR | 4 4th FLOOR |
|----------------------|---|---|--|---|
| 15:30 - 16:30 | Welcome Flex ANNA PICHLER <i>All levels</i> | Acrobatic Sexy Pole DORIS ARNOLD <i>Intermediate</i> | Sweet & Simple SANDRA JUNG <i>Beginner/Intermediate</i> | Play with Spins JULIA PENGLER <i>Beginner / Intermediate</i> |
| 16:45 - 17:45 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Acrobatic Sexy Pole DORIS ARNOLD <i>Intermediate</i> | Sweet & Simple SANDRA JUNG <i>Beginner/Intermediate</i> | Flexy tricks BRITT BLOEM <i>Intermediate/Advanced</i> |

Sonntag, 23. September 2018

| Location ▶ ▼ Time | 1 POOL (= off pole) | 2 FELLINI (ground floor) | 3 3rd FLOOR | 4 4th FLOOR |
|----------------------|--|--|---|--|
| 09:00 - 10:00 | Good Morning Flex ANNA PICHLER <i>All levels</i> | Doubles pole choreography PINK PUMA <i>Intermediate</i> | Acro Yoga SANDRA JUNG <i>All levels</i> | Flexy tricks BRITT BLOEM <i>Intermediate/Advanced</i> |
| 10:15 - 11:15 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Doubles pole choreography PINK PUMA <i>Intermediate</i> | Play with Spins JULIA PENGLER <i>Beginner / Intermediate</i> | Big Spins BRITT BLOEM <i>Intermediate</i> |
| 11:30 - 12:30 | Floorwork BRITT BLOEM <i>All levels</i> | Pole Ultimate DORIS ARNOLD <i>Advanced</i> | Pole Flow I ANNA PICHLER <i>Beginner</i> | Split it JULIA PENGLER <i>Intermediate</i> |
| | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 14:00 - 15:00 | Twerkography by twerXout RIMMA & KRISTINA <i>All levels</i> | Pole Ultimate DORIS ARNOLD <i>Advanced</i> | Pole Flow I ANNA PICHLER <i>Beginner/Advanced</i> | Transitions on Spinning Pole SANDRA JUNG <i>Intermediate/Advanced</i> |
| 15:15 - 16:15 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Spinnny shapes BRITT BLOEM <i>Beginner/Intermediate</i> | Pole Tricks PINK PUMA <i>Intermediate</i> | Transitions on Spinning Pole SANDRA JUNG <i>Intermediate/Advanced</i> |
| 16:30 - 17:30 | Afternoon Flex ANNA PICHLER <i>All levels</i> | Spinnny shapes BRITT BLOEM <i>Beginner/Intermediate</i> | Pole Tricks PINK PUMA <i>Intermediate</i> | Split it JULIA PENGLER <i>Intermediate</i> |

Montag, 24. September 2018

| Location ▶ ▼ Time | 1 POOL (= off pole) | 2 FELLINI (ground floor) | 3 3rd FLOOR | 4 4th FLOOR |
|----------------------|--|--|--|---|
| 09:00 - 10:00 | Good Morning Flex ANNA PICHLER <i>All levels</i> | My favorite things BRITT BLOEM <i>Intermediate</i> | Lyrical Pole JULIA PENGLER <i>Intermediate</i> | Pole Combos PINK PUMA <i>Advanced</i> |
| 10:15 - 11:15 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Tricks n' Dance DORIS ARNOLD <i>Intermediate</i> | Lyrical Pole JULIA PENGLER <i>Intermediate</i> | Pole Combos PINK PUMA <i>Advanced</i> |
| 11:30 - 12:30 | Twerk in Heels RIMMA & KRISTINA <i>All levels</i> | Tricks n' Dance DORIS ARNOLD <i>Intermediate</i> | Handstands: Shapes & Transitions SANDRA JUNG <i>Intermediate/Advanced</i> | Big Spins BRITT BLOEM <i>Intermediate</i> |
| | Lunch Break | Lunch Break | Lunch Break | Lunch Break |
| 14:00 - 15:00 | Twerkography by twerXout RIMMA & KRISTINA <i>All levels</i> | My favorite things BRITT BLOEM <i>Intermediate</i> | Handstands: Shapes & Transitions SANDRA JUNG <i>Intermediate/Advanced</i> | Pole Flow II ANNA PICHLER <i>Beginner</i> |
| 15:15 - 16:15 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Pole like a stripper DORIS ARNOLD <i>Intermediate</i> | Flexi Tricks PINK PUMA <i>Intermediate</i> | Upside Down JULIA PENGLER <i>Beginner / Intermediate</i> |
| 16:30 - 17:30 | Afternoon Flex ANNA PICHLER <i>All levels</i> | Pole like a stripper DORIS ARNOLD <i>Intermediate</i> | Flexi Tricks PINK PUMA <i>Intermediate</i> | Upside Down JULIA PENGLER <i>Beginner / Intermediate</i> |

Dienstag, 25. September 2018

| Location ▶ ▼ Time | 1 POOL (= off pole) | 2 FELLINI (ground floor) | 3 3rd FLOOR | 4 4th FLOOR |
|----------------------|---|---|---|---|
| 09:00 - 10:00 | Good Morning Flex ANNA PICHLER <i>All levels</i> | Signature Moves DORIS ARNOLD <i>Advanced</i> | Pole Tango PINK PUMA <i>All levels</i> | Combos & Transitions JULIA PENGLER <i>Intermediate</i> |
| 10:15 - 11:15 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Signature Moves DORIS ARNOLD <i>Advanced</i> | Pole Tango PINK PUMA <i>All levels</i> | Combos & Transitions JULIA PENGLER <i>Intermediate</i> |
| 11:30 - 12:30 | twerXout® RIMMA & KRISTINA <i>All levels</i> | Dynamics BRITT BLOEM <i>Advanced</i> | All about that abs (Seminar) SANDRA JUNG <i>All levels</i> | Pole Flow II ANNA PICHLER <i>Beginner</i> |

INFO ▶ green = FOR BOTH GROUPS pink = GROUP A blue = GROUP B www.polecamp.eu