

**Donnerstag, 24. September 2020**

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT (=Hoop)
15:30 - 16:30	<b>Handstand Training</b> BIRGIT FISCHER All Levels	<b>Yes I can</b> BÉNÉDICTE RINALDI Intermediate/Advanced	<b>Combos Workshop</b> ALESSANDRA MARCHETTI Intermediate/Advanced	<b>Shoulder Mobility &amp; Back Bends</b> GLORIA FLIGHT All Levels
16:45 - 17:45	<b>Contortion</b> DORIS ARNOLD All Levels	<b>Signature Static</b> BÉNÉDICTE RINALDI Intermediate/Advanced	<b>Upside Down</b> JULIA PENGLER Intermediate/Advanced	<b>Aerial Hoop Sequences</b> GLORIA FLIGHT Beginner

**Freitag, 25. September 2020**

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT (=Hoop)
09:00 - 10:00	<b>Stretch-Aholic</b> BÉNÉDICTE RINALDI All Levels	<b>Acrobatic Sexy Pole</b> DORIS ARNOLD Intermediate	<b>Climbs</b> DIMITRY POLITOV All Levels	<b>Aerial Hoop Sequences</b> GLORIA FLIGHT Intermediate
10:15 - 11:15	<b>Hip Flexors Intensiv</b> NICOLE BLUM-PEDRAZZA Intermediate	<b>Leg stands</b> DIMITRY POLITOV All Levels	<b>Lyrical Pole I</b> JULIA PENGLER All Levels	<b>Bendy Hoop Shapes</b> GLORIA FLIGHT Intermediate
11:30 - 12:30	<b>Sexy Chair Dance</b> JULIA PENGLER All Levels	<b>Pole Ultimate</b> DORIS ARNOLD Intermediate	<b>Flying Buddha</b> DIMITRY POLITOV All Levels	<b>CLOSED</b>
	<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>
14:00 - 15:00	<b>Floorwork Choreo I</b> JULIA PENGLER All Levels	<b>Frog Flip</b> DIMITRY POLITOV Intermediate/Advanced	<b>Upside Down</b> BÉNÉDICTE RINALDI All Levels	<b>Aerial Yoga</b> BIRGIT FISCHER Beginner
15:15 - 16:15	<b>Michael Jackson Choreo</b> GLORIA FLIGHT Intermediate	<b>Pole Conditioning</b> DIMITRY POLITOV All Levels	<b>Pole Exotic</b> DORIS ARNOLD Intermediate	<b>Aerial Sling</b> BIRGIT FISCHER Beginner
16:30 - 17:30	<b>Hula-Hoop</b> BIRGIT FISCHER Beginner	<b>Pole Flow</b> BÉNÉDICTE RINALDI All Levels	<b>Pole Technique</b> DORIS ARNOLD Advanced	<b>Stretching</b> ALESSANDRA MARCHETTI All Levels

**Samstag, 26. September 2020**

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT (=Hoop)
09:00 - 10:00	<b>Stretch-Aholic</b> BÉNÉDICTE RINALDI All Levels	<b>Russian Flip games</b> DIMITRY POLITOV Intermediate/Advanced	<b>Contemporary Choreography</b> NICOLE BLUM-PEDRAZZA Intermediate	<b>Aerial Hoop Sequences</b> GLORIA FLIGHT Intermediate
10:15 - 11:15	<b>Chairdance</b> DORIS ARNOLD All Levels	<b>Lyrical Pole II</b> JULIA PENGLER All Levels	<b>Signature Spinning</b> BÉNÉDICTE RINALDI Intermediate	<b>Bendy Hoop Shapes</b> GLORIA FLIGHT Intermediate
11:30 - 12:30	<b>Burlesque Chair Choreo</b> GLORIA FLIGHT All Levels	<b>Regrips</b> DIMITRY POLITOV Advanced	<b>Tricks with me</b> ALESSANDRA MARCHETTI All Levels	<b>Conditioning Training</b> JULIA PENGLER All Levels
	<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>
14:00 - 15:00	<b>Floorwork Choreo II</b> JULIA PENGLER All Levels	<b>Pole like a stripper</b> DORIS ARNOLD Intermediate	<b>Spin with me</b> ALESSANDRA MARCHETTI Intermediate/Advanced	<b>Aerial Yoga</b> BIRGIT FISCHER Intermediate
15:15 - 16:15	<b>Chairdance</b> NICOLE BLUM-PEDRAZZA All Levels	<b>Pole Signature</b> DORIS ARNOLD Intermediate/Advanced	<b>Non pole conditioning</b> DIMITRY POLITOV All Levels	<b>Aerial Sling</b> BIRGIT FISCHER Intermediate
16:30 - 17:30	<b>CLOSED</b> - for rehearsal -	<b>Signature Spinning</b> BÉNÉDICTE RINALDI Advanced	<b>Split it</b> JULIA PENGLER Intermediate/Advanced	<b>Stretching</b> ALESSANDRA MARCHETTI All Levels

**Sonntag, 27. September 2020**

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT (=Hoop)
09:00 - 10:00	<b>Stretch-Aholic</b> BÉNÉDICTE RINALDI All Levels	<b>Pussy to the sky</b> DORIS ARNOLD All Levels	<b>Jumps in</b> DIMITRY POLITOV All Levels	<b>Aerial Hoop Sequences</b> GLORIA FLIGHT Advanced
10:15 - 11:15	<b>Striptease/Lapdance</b> DORIS ARNOLD All Levels	<b>Play with Spins</b> JULIA PENGLER Beginner/Intermediate	<b>Floor Pole Workshop</b> ALESSANDRA MARCHETTI Intermediate/Advanced	<b>Splits in Hoop</b> GLORIA FLIGHT Advanced
11:30 - 12:30	<b>Lyrical Chair Dance</b> JULIA PENGLER All Levels	<b>Split with me</b> ALESSANDRA MARCHETTI Intermediate/Advanced	<b>Experimental Choreo</b> DIMITRY POLITOV All Levels	<b>CLOSED</b>