

Swiss Winter Pole Camp 2019

Thursday		Friday		Saturday		Sunday	
Raum 1 Chapel	Raum 2 Heaven	Raum 1 Chapel	Raum 2 Heaven	Raum 1 Chapel	Raum 2 Heaven	Raum 1 Chapel	Raum 2 Heaven
		09.30 - 11.00am Exotic Pole Routine Amy Hazel (Int-adv)	09.30 - 11.00am Floorwork Tricks Katrina Asfardi (All Levels)	09.30 - 11.00am Tricks Clinic Phoenix Kazree (Int-adv)	09.30 - 11.00am Acro Dance Katrina Asfardi (All Levels)	09.00 - 10.30am Kazree Flow Phoenix Kazree (All Levels)	09.00 - 10.30am Acro Yoga Katrina & Janine (All Levels)
		11.30 - 13.00am Welcome to Splitsville Phoenix Kazree (All Levels)	11.30 - 13.00am Contortion Amy Hazel (Int-adv)	11.30 - 13.00pm Favorite Tricks Janine Hollung (All Levels)	11.30 - 13.00pm Contortion Amy Hazel (Int-adv)	11.00 - 12.30am Exotic Pole Routine Amy Hazel (Int-adv)	Open Class for Stretching
		Privat - Class		Privat - Class			
Begrüssung & Welcome Aperó 15:45 - 16:15pm		13.30 - 15.00pm Tricks and Combos on Static Janine Hollung (All Levels)	Open Class for Stretching	13.30 - 15.00pm Easy Flips become Wow Janine Hollung (All Levels)	Open Class for Stretching		
16.30 - 18.00pm Signature Tricks Amy Hazel (Advanced)	16.30 - 18.00pm Strictly Dance Phoenix Kazree (All Levels)	15.30 - 17.00pm Signature Tricks & Combos Phoenix Kazree (Int-adv)	15.30 - 17.00pm twerXout® fitness Kristina Markstetter (All Level)	15.30 - 17.00pm Signature Combos Pole Routine Amy Hazel (Int-adv)	15.30 - 17.00pm Strictly Dance Phoenix Kazree (All Levels)		
18.15 - 19.45pm Dynamic Movements Janine Hollung (Int-adv)	18.15 - 19.45pm Front & Box Splits Stretching Katrina Asfardi (All Levels)	17.30 - 19.00pm Lyrical Pole Routine Amy Hazel (All Levels)	17.15 - 18.45pm Twerkography Kristina Markstetter (All Level)	17.30 - 19.00pm Spin Static Phoenix Kazree (Int-adv)	Open Class for Stretching		
		Privat - Class		Privat - Class			
				ab 21:00 Uhr Glam & Glitter Night (Showcase) Dresscode: Hot			



Room1: Pole -
Workshops Room
2: No Pole
Workshops

Es stehen pro
Workshop 10 Poles
zur Verfügung

Buchung für
Privatstunden
per Mail auf:
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