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## Pole Fitness

**The aim of the course is to develop the stamina and the performative skills of participants with the help of the unique and spectacular elements.**

Fitness develops from occasion to occasion, implementation becomes easier and easier after learning the adequate technique. Please take a sleeveless T-shirt, shorts and a small towel with you.

**Instructor:** Ms. Szilvia Dombai  
[1]

**Time:** Tuesdays at 6:00pm-7:30pm

**Location:** Chrome Bunnies Studio (Tímár u. 23.)

## [REGISTRATION](#) [2]

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**Source URL:** [https://tancolo.pte.hu/en/content/pole\\_fitness\\_0](https://tancolo.pte.hu/en/content/pole_fitness_0)

### Links

[1] [http://tancolo.pte.hu/hu/szalai\\_kata#overlay-context=hu/tartalom/tancolo\\_egyetem](http://tancolo.pte.hu/hu/szalai_kata#overlay-context=hu/tartalom/tancolo_egyetem) [2]  
[http://tancolo.pte.hu/en/rudfitneszpole\\_fitness\\_20172018\\_i](http://tancolo.pte.hu/en/rudfitneszpole_fitness_20172018_i)