



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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Links

[1] http://tancolo.pte.hu/hu/szalai_kata#overlay-context=hu/tartalom/tancolo_egyetem [2]
http://tancolo.pte.hu/en/rudfitneszpole_fitness_20172018_i