

Before first class

Dear Guest,

Please note these simple, but important rules.

PoleJam Hungary on its behalf cannot take any responsibility for any kind of injuries and accidents.

**Please arrive 15 minutes before your class.
(You must fill a sanitary form.)**

On starting the sessions the entrance door is locked. Please arrive on time.

Booking is necessary. The studio and the classes can only visited and attended by registered guests.

Participants in PoleJam Hungary's training sessions, make use of the studio's facilities (pole,lyra,weights etc.) of their own free will assuming full responsibility.

**Further information about our house rules:
www.polejam.hu - foreign guests- house rules**

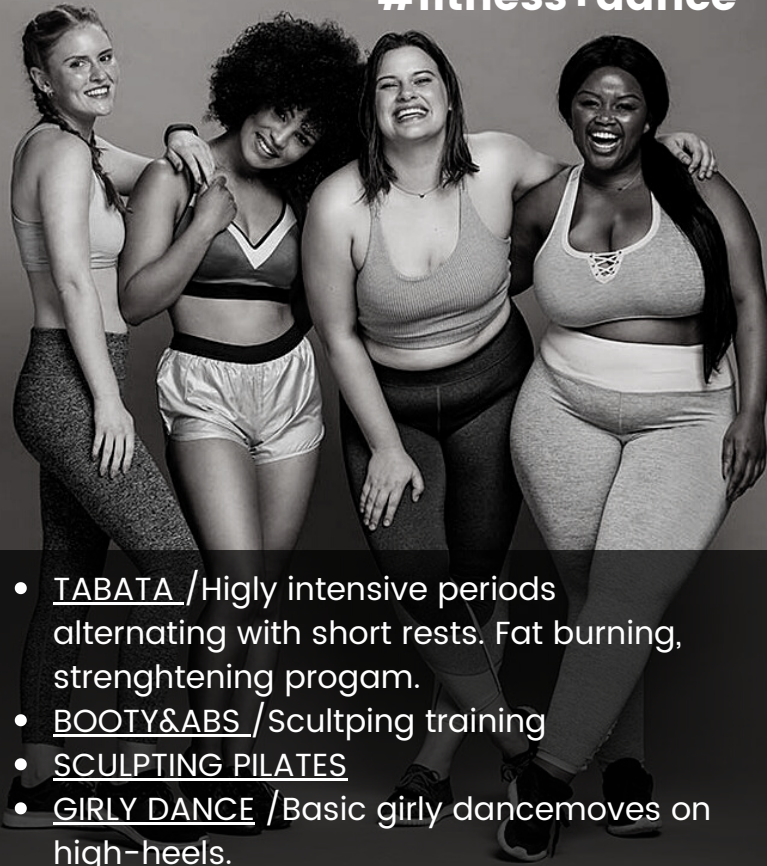
Classes

#polesport



- POLE DANCE / ALL LEVELS
- VIKING POLE / Special pole class, focusing on strenght elements.
- POLE CHOREO / Basic steps

#fitness+dance



- TABATA / Higly intensive periods alternating with short rests. Fat burning, strenghtening program.
- BOOTY&ABS /Sculpting training
- SCULPTING PILATES
- GIRLY DANCE /Basic girly dancemoves on high-heels.

#aerial



- LYRA

#regenerative



- BASIC STRETCHING : maintains the health of your muscles, stretches and makes them tangible.
- INTENSIVE STRETCHING : Focusing on flexi-elements.
- YOGA STRETCHING : Dynamic stretching mixed with typical yoga moves.

Prices & Payment



Prices

3 session package 3800 HUF

Valid for 15 day ONLY FOR NEW GUESTS, ONCE

1 session 2800 HUF

Further information is on our website.
(www.polejam.hu/foreign-guests/prices)

Payment

1. CASH

2. BANK TRANSFER

Timea Ildiko Vincze – 11773133 -01126011

Contact us (via messenger/e-mail) about WHAT you will buy (3 session package, 1 session etc..) before you transfer the money

Please leave your full name, current address and e-mail address in the comment section.

3.  **SPORTKÁRTYA** + 500 HUF / session

Omega; Omega +



Booking

ONLY REGISTERED GUESTS CAN ATTEND THE CLASSES.

Minimum 2 participants must attend; otherwise the class is cancelled.

In case a guest cancels the session later than 24 hours preceding the agreed time, the fee must be paid or one session will be deducted from the pass/season ticket.

Book via polejam.hu

Go to www.polejam.hu/orarend

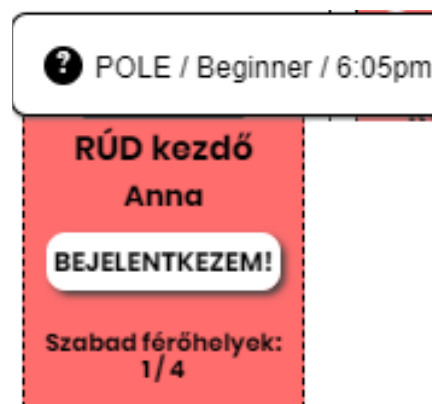
Now you can see the events.

If you click on the question mark on the left corner of the events, you will find the English translations, and explanation about the classes.

To book - click on „Bejelentkezem”.

Please give your full name; e-mail address; and phone number.

You'll receive an e-mail about the registration; please save it until the class.



Contact



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<https://www.instagram.com/polejamhungary/>



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