

CoHo University: Course 1A

REHEARSAL TRAINING OPTIONS

	75 MIN	90 MIN	120 MIN
WARM UP ROUTINE	20M	20M	20M
VERTICAL BARRE	5M	10M	15M
STRENGTH TRAINING	5M	10M	15M
POLE TECHNIQUE	5M	10M	15M
POLE COMBINATIONS	10M	10M	15M
POLE CHOREOGRAPHY	20M	20M	30M
COOL DOWN	10M	10M	10M

