ADULT TIMETABLE DEC. TERM 5

MONDAY

STUDIO 1 - POLE	STUDIO 2 - POLE	STUDIO 3 - AERIAL
6.25pm Adv Pole Fit Helen **7.30pm** Inter Exotic Pole Gita **8.30pm** Inter Pole Fit Jayne	**6.25pm** Beginner Pole Fit Emma.O **7.30pm** Inter Pole Fit Laura **8.30pm** Inter Pole Fit Emily	**6.25pm** Inter/Adv Aerial Silks Laura **7.30pm** Inter Aerial Hoop & Aerial Sling Helen **8.30pm** Low Inter Aerial Hoop Lucy.G

TUESDAY

STUDIO 1 - POLE	STUDIO 2 - POLE	STUDIO 3 - AERIAL
6.25pm Inter Pole Fit Gita **7.30pm** Adv Pole Fit Eloise **8.30pm** Inter Pole Fit Eloise	**6.25pm** Low Inter Exotic Pole Lily **7.30pm** Inter Exotic Pole Lucy.C **8.30pm** Inter Pole Fit Mikayla	**6.25pm** Inter Aerial Silks & Aerial Sling Himmi **7.30pm** Inter Aerial Hoop Gita **8.35pm** Beginner Aerial Silks Erin

WEDNESDAY

STUDIO 1 - POLE	STUDIO 2 - POLE	STUDIO 3 - AERIAL
6pm Inter Pole Fit Helen **7pm** Adv Pole Fit Helen **8pm** Inter Pole Fit Sian	**6pm** Stretch & Flexibility Gita **7pm** Inter Exotic Pole Gita **8pm** FREE Open Training	**6pm** Inter Aerial Hoop Maddy **7pm** Inter Aerial Hoop Dani **8.05pm** Low/Inter Aerial Silks & Aerial Sling Himmi and Erin

THURSDAY

STUDIO 1 - POLE	STUDIO 2 - POLE	STUDIO 3 - AERIAL
6pm Inter Pole Fit Helen **7pm** Adv Pole Fit Helen **8pm** Inter Pole Fit Lily	**6pm** Adv Pole Fit Laura **7pm** FREE Open Training **8pm** Inter Exotic Pole Lucy.C	**6pm** FREE Open Training **7pm** Inter Sling Lucy.G **8pm** Inter Aerial Silks Lucy.G

FRIDAY

STUDIO 1 - POLE	STUDIO 2 - POLE	STUDIO 3 - AERIAL
6.15pm Inter/Adv Exotic Pole Helen **7.15pm** Beginner Exotic & Pole Fitness Lily	**6.15pm** FREE Open Training	**6.15pm** FREE Open Training

SATURDAY PAYG WORKSHOPS

STUDIO 1 - POLE	STUDIO 3 - AERIAL
	19/12 Parent and Kids Acro with Emma from 1.40pm-2.40pm 19/12 Adult Gymnastics Complete Beginners-Inter with Emma from 2.45pm-4.15pm

SUNDAY PAYG STRETCH, BALANCE AND RESTORE

STUDIO 1 - POLE	STUDIO 2	STUDIO 3 - AERIAL

MAKE-UP CLASSES

1. Please contact Helen on 07799424381 (studio number) on the day to arrange your make-up.
2. Make ups can be used in any level class.
3. Sling and silks students can cross discipline. Hoop and Trapeze students can cross discipline. Pole fitness and exotic pole can cross discipline.
4. All sessions must be made up within your term time unless you are continuing onto the next paid term.