



Pole Dance Fitness Studio
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WEEKLY SCHEDULE SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			12:00-13:00 PRIVATES	16:00-17:00 PRIVATES	
	16:30-17:30 PRIVATES	17:00-18:00 PolePlay Practice & Freestyle NEW FREE	13:15-14:15 PRIVATES	17:00-18:00 PolePlay Practice & Freestyle FREE	
18:00-19:00 Pole Dancing INTERMEDIATE 2		18:00-19:15 HOOP Aerial Hoop BEGINNER 1	18:00-19:00 Pole Dancing BEGINNER 1	18:00-19:00 Pole Dancing INTERMEDIATE 2	18:00-19:00 PRIVATES
19:15-20:15 Pole Dancing BEGINNER 2	19:00-20:00 Pole Dancing Pole Babies	19:15-20:15 Pole Dancing BEGINNER 1	19:15-20:15 Beast Mode: ON Intense Strengthening & Conditioning ALL LEVELS		19:15-20:15 PRIVATES
20:30-21:30 SLEXTREME 2: Elite conditioning Extreme Flexibility ALL LEVELS	20:15-21:15 AcroJam Floor Acrobatics / Strength & Flexibility ALL LEVELS (από 5/9)	20:15-21:15 Pole Dancing Choreography & Expression INTERMEDIATE	20:15-21:15 Pole Dancing BEGINNER 2	20:15-21:15 Pole Ballet & Contemporary ALL LEVELS (από 5/9)	
21:30-22:30 Pole Dancing BEGINNER 1	21:15-22:15 Pole Dancing ADVANCED	21:30-22:45 SILX Aerial Silks ALL LEVELS (από 5/9)	21:30-22:30 SLEXTREME Advanced Flexibility ALL LEVELS	21:30-22:30 Pole Dancing Pole Babies	