



Pole Dance Fitness Studio
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WEEKLY SCHEDULE MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			12:00-13:00 Pole Dancing Pole Babies	16:00-17:00 PRIVATES	16:00-17:00 PRIVATES
	16:00-17:45 PRIVATES	16:45-17:45 PolePlay Practice & Freestyle FREE	13:15-14:15 PRIVATES	17:00-18:00 PolePlay Practice & Freestyle FREE	17:30-18:30 Pole Dancing Pole Babies

<p>18:00-19:00 Pole Dancing INTERMEDIATE 2</p>	<p>18:00-19:00 Pole Dancing BEGINNER 2</p>	<p>17:45-19:00 HOOP Aerial Hoop BEGINNER 2</p>	<p>18:00- 19:00 PRIVATES</p>	<p>18:00-19:00 PRIVATES</p>	<p>18:45-19:45 Pole Dancing BEGINNER 1</p>
<p>19:15-20:15 Pole Dancing BEGINNER 2</p>	<p>19:15-20:15 Pole Dancing Pole Babies</p>	<p>19:15-20:15 Pole Dancing BEGINNER 1</p>	<p>19:15-20:15 Beast Mode: ON Strengthening & Conditioning ALL LEVELS</p>	<p>19:00-20:00 Pole Dancing INTERMEDIATE 2 19:00-20:15 SILX Aerial Silks ALL LEVELS</p>	
<p>20:30-21:30 SLEXTREME 2: Elite conditioning Extreme Flexibility ALL LEVELS</p>	<p>20:00-21:15 HOOP/CUBE Aerial Jam NEW (από 20/3) BEGINNER 1 20:15-21:15 AcroJam Floor Acrobatics Strength & Flexibility ALL LEVELS</p>	<p>20:15-21:15 Pole Dancing INTERMEDIATE 1</p>	<p>20:15-21:15 Pole Dancing BEGINNER 2</p>	<p>20:15-21:15 Pole Ballet & Contemporar y ALL LEVELS</p>	
<p>21:30-22:30</p>	<p>21:15-22:15</p>	<p>21:30-22:45</p>	<p>21:30-22:30</p>	<p>21:30-22:30</p>	

Pole Dancing
BEGINNER 1

Pole Dancing
ADVANCED

SILX
Aerial Silks
ALL LEVELS

SLEXTREM
E
Advanced
Flexibility
ALL LEVELS

Pole Dancing
Pole Babies