



**Pole Dance Fitness Studio**  
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**WEEKLY SCHEDULE MARCH 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-13:00 PRIVATE	12:00-13:00 PRIVATE		13:00-14:00 Pole Dancing BEGINNER 1		16:00-17:00 Aerial KIDS Pole/Hoop Kids
17:00-18:00 Pole Dancing Pole Babies <b>NEW</b>		16:45-17:45 PolePlay Practice & Freestyle <b>FREE</b>		17:00-18:00 PolePlay Practice & Freestyle <b>FREE</b>	17:00-18:00 SLEXTREME Advanced Flexibility <b>ALL LEVELS</b>
18:00-19:00 Pole Dancing ADVANCED 1	18:00-19:00 Pole Dancing INTERMEDIATE 1	17:45-19:00 HOOP Aerial Hoop INTERMEDIATE ----- 18:00-19:00 SLEXTREME Advanced Flexibility <b>ALL LEVELS</b>	18:00-19:00 Pole Dancing Pole Babies	17:45-19:00 Pole Dancing ADVANCED 2	18:00-19:00 Pole Dancing BEGINNER 1
19:15-20:15 Pole Dancing INTERMEDIATE 1	19:00-20:00 Pole Dancing BEGINNER 1	19:00-20:00 X-Jam Choreography with exotic elements <b>ALL LEVELS</b>	19:15-20:15 Beast Mode: ON Strengthening & Conditioning <b>ALL LEVELS</b>	19:00-20:00 Pole Dancing ADVANCED 1 ----- AcroJam Floor Acrobatics <b>ALL LEVELS</b>	19:00-20:00 Pole Dancing Pole Babies
20:30-21:30 SLEXTREME Advanced Flexibility <b>ALL LEVELS</b>	20:00-21:15 HOOP/CUBE Aerial Jam BEGINNER ----- Pole Dancing Pole Babies <b>NEW</b>	20:00-21:00 Pole Dancing INTERMEDIATE 2	20:15-21:15 Pole Dancing BEGINNER 2	20:15-21:15 Pole Ballet & Contemporary Choreography & Expression <b>ALL LEVELS</b>	
21:30-22:30 Pole Dancing BEGINNER 2	21:00-22:00 Combos & Chores Pole Dancing <b>BEG / INTERM</b>	21:15-22:30 SILX Aerial Silks <b>ALL LEVELS</b>			