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WEEKLY SCHEDULE NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				13:30-14:30 Pole Dance Pole Babies / BEGINNER 1	15:00-16:00 Beast Mode: ON Strength & Acrobatics ALL LEVELS
16:45-17:45 Pole Dance BEGINNER 1	18:00-19:00 PoleJam Practice & Play FREE	17:00-18:00 PoleJam Practice & Play FREE	16:30-17:30 Aerial KIDS & TEENS Pole & Aerial Hoop		16:00-17:00 Pole Dance INTERMEDIATE 1
18:00-19:00 HAMMOCK FLEXIN' Aerial Hammock Flexibility ALL LEVELS	18:15-19:15 AERIAL HOOP ALL LEVELS	18:00-19:00 Pole Dance INTERMEDIATE 2	17:30-18:30 Pole Dance Pole Babies NEW	18:00-19:00 Pole Dance Pole Babies NEW	17:15-18:30 SILX Aerial Silks ALL LEVELS NEW
19:00-20:00 Pole Dance ADVANCED 2	19:15-20:15 Pole Dance ADVANCED 1	19:15-20:15 Pole Dance BEGINNER 2/ INTERMEDIATE 1	18:45-20:00 SILX Aerial Silks ALL LEVELS	19:00-20:00 Pole Dance ADVANCED 1	19:30-20:30 SLEXTREME Strength & Flexibility ALL LEVELS
20:15-21:15 X-Jam Pole Choreography with exotic & contemporary elements ALL LEVELS	20:15-21:15 Pole Dance BEGINNER 1	20:15-21:15 SLEXTREME Advanced Flexibility ALL LEVELS	20:15-21:15 Combos & Choreos Pole Technique & Choreography BEG 2 / INTERM 1	20:15-21:15 SLEXTREME Advanced Flexibility ALL LEVELS	
21:30-22:30 Pole Dance Pole Babies	21:30-22:30 Pole Dance Pole Babies NEW	21:30-22:30 X-Jam Pole Choreography with exotic & contemporary elements ALL LEVELS	21:30-22:30 Pole Dance Pole Babies	21:30-22:30 AERIAL JAM Aerial Hoop / Cube / Flying Pole ALL LEVELS	