



Pole Dance Fitness Studio
 5 Agias Eleousas str
 Psyri - Athens
 T 6936 366 880
 www.polejam.gr
 info@polejam.gr
 facebook: Pole Jam

WEEKLY SCHEDULE MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-13:00 PRIVATE	12:00-13:00 PRIVATE		12:00-13:00 PRIVATE		16:00-17:00 Aerial KIDS Pole/Hoop Kids
17:00-18:00 Pole Dancing Pole Babies NEW		16:45-17:45 PolePlay Practice & Freestyle FREE		17:00-18:00 PolePlay Practice & Freestyle FREE	17:00-18:00 SLEXTREME Advanced Flexibility ALL LEVELS
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 ALL LEVELS	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 ALL LEVELS	19:15-20:15 Beast Mode: ON Strengthening & Conditioning ALL LEVELS	19:00-20:00 Pole Dancing ADVANCED 1 ----- AcroJam Floor Acrobatics ALL LEVELS	19:00-20:00 Pole Dancing Pole Babies
20:30-21:30 SLEXTREME Advanced Flexibility ALL LEVELS	20:00-21:00 HOOP/CUBE Aerial Jam BEGINNER ----- Pole Dancing Pole Babies NEW	20:00-21:00 Pole Dancing INTERMEDIATE 2	20:15-21:15 Pole Dancing BEGINNER 2		
21:30-22:30 Pole Dancing BEGINNER 2	21:00-22:00 Compos & Choreos Pole Dancing BEG / INTERM	21:15-22:30 SILX Aerial Silks ALL LEVELS			