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WEEKLY SCHEDULE JANUARY 2022

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 2		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 2
18:00-19:00 HAMMOCK FLEXIN' Aerial Hammock Flexibility ALL LEVELS	18:00-19:00 PoleJam Practice & Play FREE	18:00-19:00 Pole Dance ADVANCED 1	17:30-18:30 Pole Dance Pole Babies	18:00-19:00 Pole Dance Pole Babies NEW	17:15-18:30 AERIAL JAM Aerial Hoop / Aerial Silks / Cube / Flying Pole ALL LEVELS NEW
19:00-20:00 Pole Dance ADVANCED 2	18:30-19:30 AERIAL HOOP ALL LEVELS	19:15-20:15 Pole Dance INTERMEDIATE 1	18:45-20:00 SILX Aerial Silks ALL LEVELS	19:00-20:00 Pole Dance ADVANCED 1	19:00-20:00 SLEXTREME Strength & Flexibility ALL LEVELS
20:15-21:15 X-Jam Pole Choreography with exotic & contemporary elements ALL LEVELS	19:45-20:45 Pole Dance BEGINNER 1	20:15-21:15 SLEXTREME Advanced Flexibility ALL LEVELS	20:00-21:00 Combos & Choreos Pole Technique & Choreography INTERMEDIATE	20:15-21:15 SLEXTREME Advanced Flexibility ALL LEVELS	
21:30-22:30 Pole Dance Pole Babies	21:00-22:00 Pole Dance Pole Babies		21:15-22:15 Pole Dance Pole Babies / BEGINNER 1		