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### WEEKLY SCHEDULE NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				13:30-14:30 Pole Dance Pole Babies/ BEGINNER 1	15:30-16:30 Aerial KIDS & TEENS Pole & Aerial AGES 7-17
16:45-17:45 Pole Dance BEGINNER 2					16:30-17:30 Pole Dance Pole Babies NEW
18:00-19:00 HAMMOCK FLEXIN' Aerial Hammock Flexibility ALL LEVELS	17:30-18:30 Pole Dance Pole Babies NEW	18:00-19:00 Pole Dance ADVANCED 1	17:45-18:45 PoleJam Practice & Play FREE ----- 18:30-19:30 Beast Mode: ON Strength & Acrobatics ALL LEVELS	17:45-18:45 Pole Dance Pole Babies NEW	17:30-18:30 AERIAL JAM Aerial Hoop / Aerial Silks / Cube / Flying Pole ALL LEVELS
19:00-20:00 Pole Dance ADVANCED 1-2	18:30-19:30 AERIAL HOOP ALL LEVELS ----- PoleJam Practice & Play FREE	19:15-20:15 Pole Dance INTERMEDIATE 2	18:45-20:00 SILX Aerial Silks ALL LEVELS	19:00-20:00 Pole Dance ADVANCED 2	18:30-19:30 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 2/ INTERMEDIATE 1	20:30-21:30 SLEXTREME Advanced Flexibility ALL LEVELS	20:15-21:15 Pole Dance Pole Babies NEW	20:15-21:15 ACROFLEX Flexibility / Floor & Pole Assisted Acrobatics ALL LEVELS NEW	19:30-20:30 Exotic Pole Exotic Pole Choreography ALL LEVELS NEW
21:30-22:30 Pole Dance Pole Babies NEW	21:00-22:00 Pole Dance BEGINNER 1	21:30-22:30 Pole Dance INTERMEDIATE 1	21:30-22:30 Pole Dance BEGINNER 1		