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WEEKLY SCHEDULE MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					15:30-16:30 Aerial KIDS & TEENS Pole & Aerial AGES 7-17
					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 - BEGINNER 1	18:00-19:00 Pole Dance ADVANCED 1	18:00-19:00 PoleJam Practice & Play FREE	17:45-18:45 Pole Dance Pole Babies NEW	17:30-18:30 Pole Dance BEGINNER 2 ----- SILX Aerial Silks ALL LEVELS
19:00-20:00 Pole Dance ADVANCED 1-2	18:30-19:30 PoleJam Practice & Play FREE ----- 18:45-19:45 AERIAL HOOP ALL LEVELS	19:15-20:15 Pole Dance INTERMEDIATE 2	19:00-20:00 AERIAL HOOP ALL LEVELS ----- 19:15-20:15 FLYING POLE 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 INTERMEDIATE 1	20:30-21:30 SLEXTREME Advanced Flexibility ALL LEVELS	20:00-21:15 SILX Aerial Silks ALL LEVELS ----- 20:15-21:15 Pole Dance Pole Babies NEW	20:15-21:15 ACROFLEX Flexibility / Floor & Pole Assisted Acrobatics ALL LEVELS	19:30-20:30 Exotic Pole Exotic Pole Choreography ALL LEVELS NEW

21:30-22:30
Pole Dance
BEGINNER 1-2

21:00-22:00
Pole Dance
BEGINNER 1-2

21:30-22:30
Pole Dance
BEGINNER 2