



Pole Dance Fitness Studio
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WEEKLY SCHEDULE JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12:00-13:00 PRIVATES		12:00-13:00 PRIVATES		
17:00-18:00 Pole Dancing Pole Babies	13:00-14:00 PRIVATES	16:45-17:45 PolePlay Practice & Freestyle FREE		17:00-18:00 PolePlay Practice & Freestyle FREE	
18:00-19:00 Pole Dancing ADVANCED 2	18:00-19:00 Pole Dancing INTERMEDIATE 2	18:00-19:00 SLEXTREME Advanced Flexibility ALL LEVELS	18:00-19:00 Pole Dancing BEGINNER 1	17:45-19:00 Pole Dancing MASTERCLASS	18:00-19:00 SLEXTREME Advanced Flexibility ALL LEVELS
19:15-20:15 Pole Dancing INTERMEDIATE 2	19:00-20:00 Pole Dancing BEGINNER 2	17:45-19:00 HOOP Aerial Hoop ALL LEVELS	19:15-20:15 Beast Mode: ON Strengthening & Conditioning ALL LEVELS	19:00-20:00 Pole Dancing ADVANCED 2 ----- 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 Pole Dancing Pole Babies	20:00-21:00 Pole Dancing ADVANCED 1	20:15-21:15 Pole Dancing INTERMEDIATE 1		
21:30-22:30 Pole Dancing BEGINNER 2	21:00-22:00 Combos & Choreos Pole Dancing BEG / INTERM				