



Pole Dance Fitness Studio
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WEEKLY SCHEDULE AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18:00-19:00 Pole Dancing Pole Babies		18:00-19:00 SLEXTREME Advanced Flexibility ALL LEVELS			
19:00-20:00 Pole Dancing INTERMEDIATE/ ADVANCED			19:00-20:00 Pole Dancing BEGINNER		
20:15-21:15 SLEXTREME Advanced Flexibility ALL LEVELS	20:00-21:00 Pole Dancing Pole Babies				
21:30-22:30 Pole Dancing BEGINNER/ INTERMEDIATE					