



Pole Dance Fitness Studio
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WEEKLY SCHEDULE JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:00-18:00 Pole Dancing Pole Babies NEW	12:00-16:00 PRI- VATES	16:45-17:45 PolePlay Practice & Freestyle FREE	12:30-13:30 Pole Dancing BEGINNER 1	17:00-18:00 PolePlay Practice & Freestyle FREE	16:00-17:00 Aerial KIDS Pole/Hoop Kids NEW
18:00-19:00 Pole Dancing ADVANCED 1	18:00-19:00 Pole Dancing INTERMEDIATE 1	17:45-19:00 HOOP Aerial Hoop INTERMEDIATE ----- 18:00-19:00 SLEXTREME Advanced Flexibility ALL LEVELS NEW	18:00-19:00 Pole Dancing Pole Babies	17:45-19:00 Pole Dancing ADVANCED 2	17:30-18:30 Pole Dancing BEGINNER 1
19:15-20:15 Pole Dancing INTERMEDIATE 1	19:00-20:00 Pole Dancing BEGINNER 1	19:00-20:00 X-Jam Choreography with exotic elements ALL LEVELS NEW	19:15-20:15 Beast Mode: ON Strengthening &Conditioning ALL LEVELS	19:00-20:00 Pole Dancing ADVANCED 1 ----- AcroJam Floor Acrobatics – Strength/Flexibility ALL LEVELS	18:45-19:45 Pole Dancing Pole Babies
20:30-21:30 SLEXTREME 2: Elite conditioning Extreme Flexibility ALL LEVELS	20:00-21:15 HOOP/CUBE Aerial Jam BEGINNER	20:00-21:00 Pole Dancing INTERMEDIATE 2	20:15-21:15 Pole Dancing BEGINNER 2	20:15-21:15 Pole Ballet & Contemporary Choreography & Expression ALL LEVELS	20:00-21:00 Combos &Choreos Choreography & Pole Combos BEG / INTERM NEW
21:30-22:30 Pole Dancing BEGINNER 2		21:15-22:30 SILX Aerial Silks ALL LEVELS	21:30-22:30 SLEXTREME Advanced Flexibility ALL LEVELS		