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**ADULT TIMETABLE / MAKE UP CLASS INFORMATION**

1. Please text the instructor on the day of your required make up.
2. Make ups can be used in any level class.
3. Sling and silks students can cross discipline for make ups. Hoop and Trapeze students can cross discipline for make ups. Pole fitness and exotic pole can cross discipline for make ups.
4. All sessions must be made up within your term time unless you are continuing onto the next paid term.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Helen** | 07799424381 | **Sian** | 07970073899 | **Stacey** | 07734680684 | **Dani** | 07834234335 |
| **Emma** | 07581841977 | **Annette** | 07825811793 | **Laura** | 07480288572 | **Gita** | 07956148719 |
| **Von** | 07360717830 | **Jayne** | 07716473782 |  |  |  |  |

**MONDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Helen Inter/Ad Pole Fit7.30pm Laura Inter Pole Fit8.30pm Sian Inter Pole Fit | 6.25pm Von Strength & Conditioning7.30pm Gita Inter Exotic Pole 8.30pm Laura Inter Pole Fit | 6.25pm Laura Inter Aerial Silks7.30pm Helen Inter Aerial Hoop 8.30pm Gita Low Inter Aerial Hoop  |

**TUESDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Annette Inter Pole Fit7.30pm Emma Adv Pole Fit | 6.25pm Von Beginner Pole Fit7.30pm Von Inter Exotic Pole8.30pm Von Inter Pole Fit | 6.25pm Emma Adv Aerial Silks 7.30pm Annette Inter Aerial Hoop |

**WEDNESDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Annette Inter Pole Fit7pm Helen Adv Pole Fit8pm Sian Inter Pole Fit | 6pm Gita Stretch & Flexibility7pm FREE Open Training8pm Von Low Inter Exotic Pole | 6pm Dani Inter Trapeze7pm Annette Inter Aerial Hoop8pm Helen Inter/Adv Aerial Hoop |

**THURSDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Helen Inter/Adv Pole Fit7pm Helen Adv Pole Fit8pm Helen Adv Pole Fit | 6pm Laura Inter Pole Fit7pm FREE Open Training8pm Gita Low Inter Pole Fitness | 6pm FREE Open Training7pm Annette Inter Aerial Sling 8pm Jayne Inter Aerial Silks |

**FRIDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.30pm Helen Inter/Adv Exotic Pole7.30pm Gita Beginner Exotic Pole | 6.30pm Open Training | 6.30pm Open Training |