**A drawing of a person

Description generated with high confidence**

**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.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 Fit  7.30pm Laura Inter Pole Fit  8.30pm Sian Inter Pole Fit | 6.25pm Von Strength & Conditioning  7.30pm Gita Inter Exotic Pole  8.30pm Laura Inter Pole Fit | 6.25pm Laura Inter Aerial Silks  7.30pm 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 Fit  7.30pm Emma Adv Pole Fit | 6.25pm Von Beginner Pole Fit  7.30pm Von Inter Exotic Pole  8.30pm 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 Fit  7pm Helen Adv Pole Fit  8pm Sian Inter Pole Fit | 6pm Gita Stretch & Flexibility  7pm FREE Open Training  8pm Von Low Inter Exotic Pole | 6pm Dani Inter Trapeze  7pm Annette Inter Aerial Hoop  8pm Helen Inter/Adv Aerial Hoop |

**THURSDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Helen Inter/Adv Pole Fit  7pm Helen Adv Pole Fit  8pm Helen Adv Pole Fit | 6pm Laura Inter Pole Fit  7pm FREE Open Training  8pm Gita Low Inter Pole Fitness | 6pm FREE Open Training  7pm 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 Pole  7.30pm Gita Beginner Exotic Pole | 6.30pm Open Training | 6.30pm Open Training |