**A drawing of a person

Description generated with high confidence**

**ADULT TIMETABLE**

**MONDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Helen Inter Pole Fit  7.30pm Laura Low Inter Pole Fit  8.30pm Sian Inter Pole Fit | 6.25pm Von All Over Conditioning  7.30pm Gita Low Inter Exotic Pole  8.30pm Laura Beginner Pole Fit | 6.25pm Laura Inter Aerial Silks  7.30pm Helen Inter Aerial Hoop  8.30pm Gita Inter Aerial Hoop |

**TUESDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Annette Inter Pole Fit  7.30pm Emma Adv Pole Fit  8.35pm Annette Inter Pole Fit | 6.25pm Stacey Inter Pole Fit  7.30pm Von Beginner Exotic Pole  8.30pm Von Beginner/Low Inter Pole Fit | 6.25pm Emma Adv Aerial Silks  7.30pm Annette Inter Aerial Hoop |

**WEDNESDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Annette Inter Pole Fit  7pm Helen Advanced Pole Fit  8pm Sian Beginner Pole Fit | 6pm Gita Stretch/Flexibility  7pm FREE Open Training  8pm FREE Open Training | 6pm Dani Beginner Trapeze  7pm Annette Beginner Aerial Hoop  8pm Helen Inter/Adv Aerial Hoop |

**THURSDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Helen Inter Pole Fit  7pm Helen Adv Pole Fit  8pm Helen Adv Pole Fit  9.05pm Gita Inter Pole Fit | 6pm Laura Low Inter Pole Fit  7pm FREE Open Training | 6pm FREE Open Training  7pm Annette Inter Aerial Sling  8.05pm Jayne Beginner Aerial Silks |

**FRIDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.30pm Helen Inter/Adv Exotic Pole  7.30pm Gita Inter Exotic Pole | 6.30pm Open Training | 6.30pm Open Training |

**SATURDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 12pm – Emma.B -Stretch | TBC- Open Training (Check website for bookings) | TBC- Open Training (Check website for bookings) |