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**ADULT TIMETABLE**

**MONDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Helen Inter Pole Fit7.30pm Laura Low Inter Pole Fit8.30pm Sian Inter Pole Fit | 6.25pm Von All Over Conditioning7.30pm 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 Fit7.30pm Emma Adv Pole Fit8.35pm Annette Inter Pole Fit | 6.25pm Stacey Inter Pole Fit7.30pm Von Beginner Exotic Pole8.30pm 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 Fit7pm Helen Advanced Pole Fit8pm Sian Beginner Pole Fit | 6pm Gita Stretch/Flexibility7pm FREE Open Training8pm FREE Open Training | 6pm Dani Beginner Trapeze7pm Annette Beginner Aerial Hoop8pm Helen Inter/Adv Aerial Hoop |

**THURSDAY**

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| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Helen Inter Pole Fit7pm Helen Adv Pole Fit8pm Helen Adv Pole Fit9.05pm Gita Inter Pole Fit | 6pm Laura Low Inter Pole Fit7pm FREE Open Training | 6pm FREE Open Training7pm 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 Pole7.30pm 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) |