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**PRIVATE LESSONS**

**HELEN**

**Relevant Qualifications**

Beginner Vertical Pole Dance Qualified Instructor

Intermediate Vertical Pole Dance Qualified Instructor

Advanced Vertical Pole Dance Qualified Instructor

Advanced Spin City Qualified Pole Dance Instructor

Beginner Spin City Qualified Aerial Hoop Instructor

Intermediate Spin City Qualified Aerial Hoop Instructor

Advanced Spin City Qualified Aerial Hoop Instructor

Beginner Spin City Qualified Aerial Sling Instructor

Intermediate Spin City Qualified Aerial Sling Instructor

Beginner Spin City Aerial Silks Instructor

Xpert Flexibility and Flow Instructor

Xpert Trapeze Instructor

Xpert Exotic Pole Instructor

Spin City Anatomy and Physiology

Spin City Stretch Instructor

Xpert Childrens Pole and Aerial Instructor

Xpert Mental Health First Aider

First Aid

Exercise to Music Instructor

Personal Trainer

Bendy Kate’s Advanced Stretching Technique

**Age Range**: Adult and Children from the age of 6 years old

**Rates:** 121 £45 :221 £57.50 : 321 £80

**Contact to book:** [info@pole-attack.co.uk](mailto:info@pole-attack.co.uk)

**EMMA.B -**

**Relevant Qualifications**

Beginner Vertical Pole Dance Qualified Instructor

Intermediate Vertical Pole Dance Qualified Instructor

Advanced Vertical Pole Dance Qualified Instructor

Aerial Silks Xpert Qualified Instructor

Pole Silks Spin City Qualified Instructor

Spin City Stretch Qualified

Xpert Hammock Qualified Instructor

Xpert Childrens Pole and Aerial Instructor

First Aid

**Age Range**: Adult and Children from the age of 6 years old

**Rates:** 121 £40: 221 £55: 321 £80

**Contact to book:** [emmab-poleattack@hotmail.co.uk](mailto:emmab-poleattack@hotmail.co.uk)

**SIAN –**

**Relevant Qualifications**

Xpert Level 1 and 2 Xpert Pole Dance Qualified Instructor (Beginner and Intermediate)

Advanced Stretch Qualified - FIE

Exercise to Music

First Aid

Beginner Spin City Qualified Aerial Sling Instructor

Intermediate Spin City Qualified Aerial Sling Instructor

Bendy Kate’s Advanced Stretching Technique

**Age Range**: Adults from the age of 16 years old

**Rates:** 121 £37.50: 221 £52.50: 321 £77.50

**Contact to book:** [sian-poleattack@hotmail.co.uk](mailto:sian-poleattack@hotmail.co.uk)

**ANNETTE**

**Relevant Qualifications**

Beginner Vertical Pole Dance Qualified Instructor

Beginner Spin City Qualified Aerial Sling Instructor

First Aid

**Age Range**: Adults from the age of 16 years old

**Rates:** 121 £40: 221 £52.50: 321 £77.50

**Contact to book:** [astevens0203@gmail.com](mailto:astevens0203@gmail.com)

**EMMA.L**

**Relevant Qualifications**

Beginner Vertical Pole Dance Qualified Instructor

Beginner Spin City Qualified Aerial Hoop Instructor

First Aid

**Age Range**: Adult and Children from the age of 6 years old

**Rates:** 121 £37.50: 221 £52.50: 321 £77.50

**Contact to book:** [find\_emma@hotmail.com](mailto:find_emma@hotmail.com)

**LAUREN**

**Relevant Qualifications**

Xpert Aerial Silks Instructor

**Age Range**: Adults from the age of 16 years old

**Rates:** 121 £32.50: 221 £50: 321 £75

**Contact to book**: [laurentaylor29@hotmail.co.uk](mailto:laurentaylor29@hotmail.co.uk)

**STACEY**

**Relevant Qualifications**

Xpert Pole Instructor

First Aid

**Age Range**: Adults from the age of 16 years old

**Rates:** 121 £30: 221 £50: 321 £75

**Contact to book**: [Stacey.russell1987@gmail.com](mailto:Stacey.russell1987@gmail.com)

**CINDY**

**Relevant Qualifications**

Beginner Spin City Hoop Instructor

Intermediate Spin City Hoop Instructor

Beginner Spin City Sling Instructor

Intermediate Spin Sling Hoop Instructor

Xpert Childrens Pole and Aerial Instructor qualification

First Aid

**Age Range**: Children and Adults from the age of 6 years old

**Rates:** 121 £32.50: 221 £50: 321 £75

**Contact to book**: [cindycoshall@live.co.uk](mailto:cindycoshall@live.co.uk)

**GITA**

**Relevant Qualifications**

Spin City Beginners Pole

Spin City Beginners Hoop

Xpert Trapeze Instructor

First Aid

**Age range:** Children and Adults from the age of 6 years old

**Rates:** 121 £35, 221 £50 321 £75

Contact to book [jurgita.maksimova@gmail.com](mailto:jurgita.maksimova@gmail.com)

**LAURA**

**Relevant Qualifications**

Xpert Pole Instructor

Spin City Aerial Silks Instructor

Xpert Trapeze Instructor

First Aid

**Age range:** Children and Adults from the age of 6 years old

**Rates:** 121 £35, 221 £50 321 £75

Contact to book [laurapoleandaerial@gmail.com](mailto:laurapoleandaerial@gmail.com)

**Relevant Qualifications**

The Pole Studio and Vertical Vixen Instructor Courses

Basic First Aid

Fitness Instructor

**Age Range**: Adults from the age of 16 years old

**Rates:**121 £30: 221 £50: 321 £75

**Contact to book**:

vonc.aerial[@gmail.com](mailto:Stacey.russell1987@gmail.com)

**Relevant Qualifications**

The Pole Studio and Vertical Vixen Instructor Courses

Basic First Aid

Fitness Instructor

**Age Range**: Adults from the age of 16 years old

**Rates:**121 £30: 221 £50: 321 £75

**Contact to book**:

vonc.aerial[@gmail.com](mailto:Stacey.russell1987@gmail.com)

**Relevant Qualifications**

The Pole Studio and Vertical Vixen Instructor Courses

Basic First Aid

Fitness Instructor

**Age Range**: Adults from the age of 16 years old

**Rates:**121 £30: 221 £50: 321 £75

**Contact to book**:

vonc.aerial[@gmail.com](mailto:Stacey.russell1987@gmail.com)

**VON**

**Relevant Qualifications**

The Pole Studio Beginners Pole

Vertical Vixen Pole Course

First Aid

**Age range:** Adults from the age of 16 years old

**Rates:** 121 £30, 221 £50 321 £75

**Contact to book** vonc.aerial[@gmail.com](mailto:Stacey.russell1987@gmail.com)

**Jayne**

**Relevant Qualifications**

Beginner Spin City Silks

Beginner Spin City Pole

First Aid

**Rates:** 121 £35, 221 £50 321 £75

**Age range:** Adults from the age of 16 years old

Contact to book 07716473782

**DANI**

Basic First Aid

Fitness Instructor

**Age Range**: Adults from the age of 16 years old

**Rates:**121 £30: 221 £50: 321 £75

**Contact to book**:

vonc.aerial[@gmail.com](mailto:Stacey.russell1987@gmail.com)

Basic First Aid

Fitness Instructor

**Age Range**: Adults from the age of 16 years old

**Rates:**121 £30: 221 £50: 321 £75

**Contact to book**:

vonc.aerial[@gmail.com](mailto:Stacey.russell1987@gmail.com)

Dano

Relevant Qualifications

Spin City Beginners Aerial Hoop

Spin City Intermediate Aerial Hoop

XPERT Trapeze Instructor

Adult Nurse + Pediatric First Aider

Age range: Children and Adults from the age of 6 years old

Rates: 121 £35, 221 £50 321 £75

Contact to book: [daniellehonour@gmail.com](mailto:daniellehonour@gmail.com)