



ADULT TIMETABLE / MAKE UP CLASS INFORMATION- FROM OCTOBER

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. Hoop and Trapeze students can cross discipline. Pole fitness and exotic pole can cross discipline.
4. All sessions must be made up within your term time unless you are continuing onto the next paid term.

<u>Helen</u>	07799424381	<u>Sian</u>	07970073899	<u>Maddy</u>	07510919597	<u>Dani</u>	07834234335
<u>Ellie-Marie</u>	07789225603	<u>Annette</u>	07825811793	<u>Laura</u>	07480288572	<u>Gita</u>	07956148719
<u>Shirley</u>	07545070724	<u>Jayne</u>	07716473782	<u>Lucy</u>	07581423810	<u>Emma.O</u>	07739102094
<u>Emily</u>	07702153515	<u>Mikayla</u>	07496892375	<u>Himmi</u>	07940794110		

MONDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6.25pm Ad Pole Fit Helen	6.25pm HITT and Focused Stretch Emma.O	6.25pm Inter/Ad Aerial Silks Laura
7.30pm Inter Pole Fit Laura	7.30pm Inter Exotic Pole Gita	7.30pm Inter/Ad Aerial Hoop & Aerial Sling Helen
8.30pm Inter Pole Fit Jayne	8.30pm Beginner Fit Emily	8.30pm Low Inter Aerial Hoop Maddy

TUESDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6.25pm Inter Pole Fit Annette	6.25pm Low Inter Pole Fit Gita	6.25pm Beginner Aerial Silks & Aerial Sling Himmi
7.30pm Adv Pole Fit Ellie-Marie	7.30pm Inter Exotic Pole Shirley	7.30pm Inter Aerial Hoop Annette
8.30pm Inter Pole Fit Shirley	8.30pm Low Inter Pole Fit Mikayla	8.35pm Beginner Aerial Hoop & Aerial Sling Lucy

WEDNESDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6pm Inter Pole Fit Helen	6pm Stretch & Flexibility Gita	6pm Inter Aerial Hoop Maddy
7pm Adv Pole Fit Helen	7pm Beginner Exotic Pole Gita	7pm Inter Aerial Hoop Dani
8pm Inter Pole Fit Sian	8pm FREE Open Training	

THURSDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6pm High Inter Pole Fit Helen	6pm Inter Pole Fit Laura	6pm FREE Open Training
7pm Adv Pole Fit Helen	7pm FREE Open Training	7pm Inter/Adv Aerial Sling Lucy
8pm Adv Pole Fit Helen	8pm Low Inter Exotic Pole Shirley	8pm Inter Aerial Silks Jayne

FRIDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6.15pm Helen Inter/Adv Exotic Pole	6.15pm-7.15pm FREE Open Training	6.15pm-7.15pm FREE Open Training