



ADULT TIMETABLE / MAKE UP CLASS INFORMATION- FROM APRIL

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.

<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				

MONDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6.25pm Low Ad Pole Fit Helen	6.25pm HITT and Focused Stretch Emma.O	6.25pm Inter Aerial Silks Laura
7.30pm Inter Pole Fit Laura	7.30pm Inter Exotic Pole Gita	7.30pm Inter Aerial Hoop Helen
8.30pm Beginner Pole Fit Jayne	8.30pm Inter Pole Fit Emily	8.30pm Beginner 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 Beginner Pole Fitness Gita	6.25pm Adv Aerial Silks Ellie-M
7.30pm Adv Pole Fit Ellie-Marie	7.30pm Inter Exotic Pole Shirley	7.30pm Inter Aerial Hoop Annette
8.30pm Low Inter Pole Fit Shirley	8.30pm Beginner Pole Fitness Mikayla	8.35pm Beginner Aerial Hoop Lucy

WEDNESDAY

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

THURSDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6pm Inter Pole Fit Helen	6pm Inter Pole Fit Laura	6pm FREE Open Training
7pm Adv Pole Fit Helen	7pm FREE Open Training	7pm Inter Aerial Sling Lucy
8pm Adv Pole Fit Helen	8pm Beginner 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