ADULT TIMETABLE OCT. TERM 4.

MONDAY

STUDIO 1 - POLE	STUDIO 2 -POLE	STUDIO 3 - AERIAL
6.25pm Ad Pole Fit Helen	6.25pm. Beginner Pole Fit Emma	6.25pm Inter/Ad Aerial Silks Laura
7.30pm Inter Exotic Pole Gita	7.30pm Inter Pole Fit Laura	7.30pm Inter/Ad Aerial Hoop & Aerial Sling Helen
8.30pm Inter Pole Fit Mikayla (Maternity Cover for Jayne)	8.30pm Inter Fit Emily	8.30pm Beginner Aerial Hoop Lucy

TUESDAY

STUDIO 1 - POLE	STUDIO 2 -POLE	STUDIO 3 - AERIAL
6.25pm Inter Pole Fit Gita	6.25pm Low Inter Exotic Pole with Lily	6.25pm Inter Aerial Silks & Aerial Sling Himmi
7.30pm Adv Pole Fit Mikayla	7.30pm Inter Exotic Pole Shirley	7.30pm Inter Aerial Hoop Gita
8.30pm Inter Pole Fit Shirley	8.30pm Inter Pole Fit Mikayla	8.35pm Beginner Aerial Silks Erin

WEDNESDAY

STUDIO 1 - POLE	STUDIO 2 -POLE	STUDIO 3 - AERIAL
6pm High Inter Pole Fit Helen	6pm Stretch & Flexibility Gita	6pm Inter Aerial Hoop Maddy
7pm Adv Pole Fit Helen	7pm Inter Exotic Pole Gita	7pm Inter Aerial Hoop Dani
8pm Inter Pole Fit Sian	8pm FREE Open Training	8.05pm Low/Inter Aerial Silks & Aerial Sling Himmi and Erin

THURSDAY

STUDIO 1 - POLE	STUDIO 2 -POLE	STUDIO 3 - AERIAL
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 Low Inter Pole Fit with Lily	8pm Inter Exotic Pole Shirley	8pm Inter Aerial Silks Lucy (Maternity Cover for Jayne)

FRIDAY

STUDIO 1 - POLE	STUDIO 2 -POLE	STUDIO 3 - AERIAL
6.15pm Helen Inter/Adv Exotic Pole 7.15pm Lily Beg/Low Inter Exotic Pole & Pole Fitness	6.15pm FREE Open Training	6.15pm FREE Open Training

SATURDAY PAYG WORKSHOPS

STUDIO 1 - POLE	STUDIO 3 - AERIAL
3/10@12pm Handspring Clinic Laura 10/10@12pm Ad Pole Splits Eloise 10/10@2pm Beg/Iner Splits Eloise 24/10@1.15pm Dynamic Ayeshas Emily	3/10@1.45pm Hoop Doubles Laura+Gita

SUNDAY PAYG STRETCH, BALANCE AND RESTORE

STUDIO 1 - POLE	STUDIO 3 - AERIAL
4/10@10am Arm Balances with Emily	11/10@2pm Breath, Move and Restore Dani

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.

Helen	07799424381	**Sian**	07970073899	**Maddy**	07510919597	**Lily**	07540536334
Ellie	07789225603	**Himmi**	07940794110	**Laura**	07480288572	**Gita**	07956148719
Shirley	07545070724	**Dani**	07834234335	**Lucy**	07581423810	**Emma.O**	07739102094
Emily	07702153515	**Erin**	07842970248	**Mikayla**	07496892375		