

ADULT TIMETABLE / MAKE UP CLASS INFORMATION- FOR AUG-SEPT

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>Lily</u>	07540536334
<u>Ellie</u>	07789225603	<u>Himmi</u>	07940794110	<u>Laura</u>	07480288572	<u>Gita</u>	07956148719
<u>Shirley</u>	07545070724	<u>Dani</u>	07834234335	<u>Lucy</u>	07581423810	<u>Emma.O</u>	07739102094
<u>Emily</u>	07702153515	<u>Erin</u>	07842970248	<u>Mikayla</u>	07496892375		

MONDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
6.25pm Ad Pole Fit Helen	6.25pm Open Training-Unit October only	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

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
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 Ellie-Marie	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 Low Inter Aerial Silks Erin

WEDNESDAY

<u>STUDIO 1 - POLE</u>	<u>STUDIO 2 -POLE</u>	<u>STUDIO 3 - AERIAL</u>
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 Beginner Aerial Silks & Aerial Sling Himmi and Erin

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 Low Inter Pole Fit with Lily	8pm Inter Exotic Pole Shirley	8pm Inter Aerial Silks Lucy (Maternity Cover for 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 FREE Open Training	6.15pm FREE Open Training
7.15pm Lily Beginner Exotic Pole & Pole Fitness		