



Pole Dance Fitness Studio
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WEEKLY SCHEDULE FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			12:00-13:00 Pole Dancing Pole Babies	16:00-17:00 PRIVATES	16:00-17:00 PRIVATES
	16:00-17:45 PRIVATES	16:45-17:45 PolePlay Practice & Freestyle FREE	13:15-14:15 PRIVATES	17:00-18:00 PolePlay Practice & Freestyle FREE	17:30-18:30 Pole Dancing Pole Babies NEW

<p>18:00-19:00 Pole Dancing INTERMEDIATE 2</p>	<p>18:00-19:00 Pole Dancing BEGINNER 2</p>	<p>17:45-19:00 HOOP Aerial Hoop BEGINNER 1</p>	<p>18:00- 19:00 PRIVATES</p>	<p>18:00-19:00 Pole Dancing INTERMEDIATE 2</p>	<p>18:45-19:45 Pole Dancing BEGINNER 1</p>
<p>19:15-20:15 Pole Dancing BEGINNER 2</p>	<p>19:15-20:15 Pole Dancing Pole Babies</p>	<p>19:15-20:15 Pole Dancing BEGINNER 1</p>	<p>19:15-20:15 Beast Mode: ON Intense Strengthening & Conditioning ALL LEVELS</p>	<p>19:00-20:15 SILX Aerial Silks ALL LEVELS NEW</p>	
<p>20:30-21:30 SLEXTREME 2: Elite conditioning Extreme Flexibility ALL LEVELS</p>	<p>20:15-21:15 AcroJam Floor Acrobatics / Strength & Flexibility ALL LEVELS</p>	<p>20:15-21:15 Pole Dancing Choreograp hy & Expression INTERMEDIAT E</p>	<p>20:15-21:15 Pole Dancing BEGINNER 2</p>	<p>20:15-21:15 Pole Ballet & Contempora ry ALL LEVELS</p>	
<p>21:30-22:30 Pole Dancing BEGINNER 1</p>	<p>21:15-22:15 Pole Dancing</p>	<p>21:30-22:45 SILX Aerial Silks</p>	<p>21:30-22:30 SLEXTREM E</p>	<p>21:30-22:30 Pole Dancing Pole Babies</p>	

	ADVANCED	ALL LEVELS	Advanced Flexibility ALL LEVELS		
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