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## WEEKLY SCHEDULE DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:00-18:00 Pole Dancing Pole Babies <b>NEW</b>	12:00-16:00 PRIVATES	16:45-17:45 <b>PolePlay</b> Practice & Freestyle <b>FREE</b>	12:30-13:30 Pole Dancing <b>BEGINNER 1</b>	16:00-18:00 PRIVATES	16:00-17:00 Pole Dancing Pole Kids <b>NEW</b>
18:00-19:00 Pole Dancing <b>ADVANCED 1</b>	18:00-19:00 Pole Dancing <b>INTERMEDIATE 1</b>	17:45-19:00 <b>HOOP</b> Aerial Hoop <b>BEGINNER 2</b> ----- 18:00-19:00 <b>SLEXTREME</b> Advanced Flexibility <b>ALL LEVELS</b> <b>NEW</b>	18:00-19:00 Pole Dancing Pole Babies	18:00-19:00 <b>PolePlay</b> Practice & Freestyle <b>FREE</b>	17:30-18:30 Pole Dancing <b>BEGINNER 1</b>
19:15-20:15 Pole Dancing <b>INTERMEDIATE 1</b>	19:15-20:15 Pole Dancing <b>BEGINNER 1</b>	19:00-20:00 <b>X-Jam</b> Choreography with exotic elements <b>ALL LEVELS</b> <b>NEW</b>	19:15-20:15 <b>Beast Mode:</b> <b>ON</b> Strengthening & Conditioning <b>ALL LEVELS</b>	19:00-20:00 Pole Dancing <b>ADVANCED 1</b> ----- <b>AcroJam</b> Floor Acrobatics – Strength/Flexibility <b>ALL LEVELS</b>	18:45-19:45 Pole Dancing Pole Babies
20:30-21:30 <b>SLEXTREME 2:</b> Elite conditioning Extreme Flexibility <b>ALL LEVELS</b>	20:00-21:15 <b>HOOP/CUBE</b> Aerial Jam <b>BEGINNER 1</b>	20:00-21:00 Pole Dancing <b>INTERMEDIATE 2</b>	20:15-21:15 Pole Dancing <b>BEGINNER 2</b>	20:15-21:15 <b>Pole Ballet &amp; Contemporary</b> Choreography & Expression <b>ALL LEVELS</b>	20:00-21:00 <b>Combos &amp; Choreos</b> Choreography & Pole Combos <b>BEG / INTERM</b> <b>NEW</b>
21:30-22:30 Pole Dancing <b>BEGINNER 2</b>	21:15-22:30 Pole Dancing <b>ADVANCED 2</b>	21:15-22:30 <b>SILX</b> Aerial Silks <b>ALL LEVELS</b>	21:30-22:30 <b>SLEXTREME</b> Advanced Flexibility <b>ALL LEVELS</b>	21:15-22:15 Pole Dancing Pole Babies <b>NEW</b>	