



Pole Dance Fitness Studio  
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### WEEKLY SCHEDULE FEBRUARY 2019

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|---|---|--|---|
| 17:00-18:00<br>Pole Dancing<br>Pole Babies<br><b>NEW</b>                     | 12:00-16:00 PRI-<br>VATES   | 16:45-17:45<br><b>PolePlay</b><br>Practice & Freestyle<br><b>FREE</b>   | 13:00-14:00<br>Pole Dancing<br><b>BEGINNER 1</b>  | 17:00-18:00<br><b>PolePlay</b><br>Practice & Freestyle<br><b>FREE</b>  | 16:00-17:00<br><b>Aerial KIDS</b><br>Pole/Hoop Kids |
| 18:00-19:00<br>Pole Dancing<br><b>ADVANCED 1</b>                             | 18:00-19:00<br>Pole Dancing<br><b>INTERMEDIATE 1</b>                                  | 17:45-19:00<br><b>HOOP</b><br>Aerial Hoop<br><b>INTERMEDIATE</b><br>-----<br>18:00-19:00<br><b>SLEXTREME</b><br>Advanced Flexibility<br><b>ALL LEVELS</b> | 18:00-19:00<br>Pole Dancing<br>Pole Babies  | 17:45-19:00<br>Pole Dancing<br><b>ADVANCED 2</b>   | 17:30-18:30<br>Pole Dancing<br><b>BEGINNER 1</b>    |
| 19:15-20:15<br>Pole Dancing<br><b>INTERMEDIATE 1</b>                         | 19:00-20:00<br>Pole Dancing<br><b>BEGINNER 1</b>                                      | 19:00-20:00<br><b>X-Jam</b><br>Choreography with<br>exotic elements<br><b>ALL LEVELS</b>  | 19:15-20:15<br><b>Beast Mode:</b><br><b>ON</b><br>Strengthening<br>&Conditioning<br><b>ALL LEVELS</b> | 19:00-20:00<br>Pole Dancing<br><b>ADVANCED 1</b><br>-----<br><b>AcroJam</b><br>Floor Acrobatics –<br>Strength/Flexibility<br><b>ALL LEVELS</b> | 18:45-19:45<br>Pole Dancing<br>Pole Babies          |
| 20:30-21:30<br><b>SLEXTREME</b><br>Advanced Flexibility<br><b>ALL LEVELS</b> | 20:00-21:15<br><b>HOOP/CUBE</b><br>Aerial Jam<br><b>BEGINNER</b>                      | 20:00-21:00<br>Pole Dancing<br><b>INTERMEDIATE 2</b>  | 20:15-21:15<br>Pole Dancing<br><b>BEGINNER 2</b>  | 20:15-21:15<br><b>Pole Ballet &amp;<br/>Contemporary</b><br>Choreography &<br>Expression<br><b>ALL LEVELS</b>                                  |   |
| 21:30-22:30<br>Pole Dancing<br><b>BEGINNER 2</b>                             | 21:00-22:00<br><b>Combos &amp;<br/>Choreos</b><br>Pole Dancing<br><b>BEG / INTERM</b> | 21:15-22:30<br><b>SILX</b><br>Aerial Silks<br><b>ALL LEVELS</b>   |   |  |   |