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### WEEKLY SCHEDULE SEPTEMBER 2020

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|--|--|---|
|  |  |  |  |  | 15:30-16:45<br><b>SILX</b><br>Aerial Silks<br><b>ALL LEVELS</b><br>-----<br>15:45-16:45<br>Aerial<br><b>KIDS&amp;TEENS</b><br>Pole & Aerial Hoop<br><b>(από 12.9)</b> |
| 17:00-18:00<br>Pole Dance<br><b>BEGINNER 1</b>                               |  | 16:45-17:45<br><b>PoleJam</b><br>Practice & Play<br><b>FREE</b>  | 17:00-18:00<br>Pole Dance<br>Pole Babies   |  | 17:00-18:00<br>Pole Dance<br>Pole Babies  |
| 18:00-19:00<br>PoleJam<br>Practice & Play<br><b>FREE</b>                     | 18:00-19:00<br>Pole Dance<br><b>ADVANCED 1</b>   | 17:45-18:45<br><b>SLEXTREME</b><br>Advanced Flexibility<br><b>ALL LEVELS</b>                             | 18:15-19:15<br>Pole Dance<br><b>BEGINNER 2</b>   | 17:30-18:45<br>Pole Dance<br><b>MASTERCLASS</b><br><b>(από 18.9)</b>         | 18:15-19:15<br><b>SLEXTREME</b><br>Strength & Flexibility<br><b>ALL LEVELS</b>  |
| 19:00-20:00<br>Pole Dance<br><b>ADVANCED 1</b>                               | 19:15-20:15<br><b>AERIAL JAM</b><br>Aerial Hoop & Cube<br><b>BEGINNER</b><br>-----<br><b>Beast Mode: ON</b><br>Strengthening & Conditioning<br><b>ALL LEVELS</b> | 19:00-20:00<br><b>X-Jam</b><br>Pole Dance<br>Pole Choreography with exotic elements<br><b>ALL LEVELS</b> | 19:30-20:45<br><b>AERIAL HOOP</b><br><b>INTERMEDIATE</b>   | 19:00-20:00<br>Pole Dance<br><b>ADVANCED 2</b>                               | 19:30-20:30<br>Pole Dance<br><b>BEGINNER 1</b>  |
| 20:15-21:15<br><b>SLEXTREME</b><br>Advanced Flexibility<br><b>ALL LEVELS</b> | 20:30-21:30<br>Pole Dance<br>Pole Babies   | 20:15-21:15<br>Pole Dance<br><b>ADVANCED 2</b>   |  | 20:15-21:15<br><b>SLEXTREME</b><br>Advanced Flexibility<br><b>ALL LEVELS</b> |   |
| 21:30-22:30<br>Pole Dance<br><b>INTERMEDIATE 2</b>                           | 21:30-22:30<br><b>AcroJam</b><br>Floor Acrobatics<br><b>ALL LEVELS</b><br><b>(από 15.9)</b>  |  | 21:00-22:00<br><b>Combos &amp; Choreos</b><br>Pole Dance<br>Pole Choreography<br><b>INTERMEDIATE 1</b> | 21:30-22:30<br>Pole Dance<br>Pole Babies                                     |   |