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## WEEKLY SCHEDULE NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-13:00 Pole Dance Pole Babies <b>NEW</b> (Από 9.11)		12:00-13:00 Pole Dance Pole Babies/Beg 1			15:30-16:45 <b>SILX</b> Aerial Silks <b>ALL LEVELS</b>
17:00-18:00 Pole Dance <b>BEGINNER 1</b>		16:45-17:45 <b>PoleJam</b> Practice & Play <b>FREE</b>	17:00-18:00 Pole Dance Pole Babies		17:00-18:00 Pole Dance Pole Babies
17:30-18:45 <b>SILX</b> Aerial Silks <b>NEW (Από 9.11)</b> <b>ALL LEVELS</b> ----- 18:00-19:00 PoleJam Practice & Play <b>FREE</b>	18:00-19:00 Pole Dance <b>ADVANCED 1</b>	17:45-18:45 <b>SLEXTREME</b> Advanced Flexibility <b>ALL LEVELS</b>	18:15-19:15 Pole Dance <b>BEGINNER 2</b>	18:00-19:00 <b>Aerial KIDS &amp; TEENS</b> Pole & Aerial Hoop	18:15-19:15 <b>SLEXTREME</b> Strength & Flexibility <b>ALL LEVELS</b>
19:00-20:00 Pole Dance <b>ADVANCED 1</b>	19:15-20:15 <b>AERIAL JAM</b> Aerial Hoop & Cube <b>BEGINNER</b> ----- <b>Beast Mode: ON</b> Strengthening & Conditioning <b>ALL LEVELS</b>	19:00-20:00 <b>X-Jam</b> Pole Dance Pole Choreography with exotic elements <b>ALL LEVELS</b>	19:15-20:15 PoleJam Practice & Play <b>FREE</b>	19:15-20:15 Pole Dance <b>ADVANCED 2</b>	19:30-20:30 Pole Dance <b>BEGINNER 1</b>
20:15-21:15 <b>SLEXTREME</b> Advanced Flexibility <b>ALL LEVELS</b>	20:30-21:30 Pole Dance Pole Babies	20:15-21:15 Pole Dance <b>ADVANCED 2</b>	19:45-21:00 <b>AERIAL HOOP</b> <b>INTERMEDIATE</b>	20:15-21:15 <b>SLEXTREME</b> Advanced Flexibility <b>ALL LEVELS</b>	
21:30-22:30 Pole Dance <b>INTERMEDIATE 2</b>	21:30-22:30 <b>AcroJam</b> Floor Acrobatics <b>ALL LEVELS</b>		21:15-22:15 <b>Combos &amp; Choreos</b> Pole Dance Pole Choreography <b>INTERMEDIATE 1</b>	21:30-22:30 Pole Dance Pole Babies	