



5 Agias Eleousas str - Athens
 T: 6936366880 6984348588
 info@polejam.gr
 www.polejam.gr
 facebook | instagram | youtube

WEEKLY SCHEDULE OCTOBER 2020

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