



### STUDIO A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM		8AM   AB ATTACK Virtual Class   Kristy			BEG/INTER PREP STATIC 8 Week Course   Alicia	9AM   CORE COND. Casual   Kristy	
10:30 AM					BEG/INTER PREP SPIN 8 Week Course   Alicia	10AM   BEG STATIC 8 Wk Course   Kristy	
11:30 AM					ADV 1/2 STATIC 8 Week Course   Alicia	11AM   INTER PREP STATIC 8 Week Course Gabby	
12:30 AM					FLEX N FLOW Casual   Alicia	12PM   INTER STATIC 8 Week Course   Kristy	
4:30 PM						2PM   ADV TRENDING TRICKS Virtual Class   Kristy	
5:30 PM	INTER STATIC 8 Week Course Alicia		FLY GYM Casual   Alicia			1PM   STUDIO HIRE / PRIVATE AVAILABLE	
6:30 PM	ADV 1 STATIC 8 Week course Alicia	BEG STATIC 8 Week Course TBA	INTER SPIN 8 Week Course Dee Dee	POLE CONDITIONING Casual   Kristy			
7:30 PM	RUSSIAN FLOW/EXOTICA Casual   Alicia	BEG SPIN 8 Week Course Gabby	BEG SPIN 8 Week Course Dee Dee	INTER STATIC 8 Week Course Kristy			
8:30 PM	OPEN PRIVATE Casual   Alicia	POLE ROCK Casual   Gabby	BEG STATIC 8 Week Course Dee Dee	INTER PREP SPIN 8 Week Course Kristy			

### STUDIO B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM						PRACTICE TIME 10AM - 1PM	
3:30 PM	PRACTICE TIME 3:30-7:15pm	PRACTICE TIME 3:30-5:15pm	PRACTICE TIME 3:30-6:15pm	PRACTICE TIME 3:30-7:15pm	PRACTICE TIME 10am - 1pm		
5:30 PM		ELITE STATIC & SPIN 8 Wk Course   Kristy					
6:30 PM		INTER STATIC 8 week course Kristy	ADV 2 STATIC 8 Wk Course   Alicia				
7:30 PM	INTER PREP SPIN 8 Week Course Dee Dee	INTER SPIN 8 Week Course Kristy	POLE MOVES Casual   Alicia	BEG SPIN 8 Week Course Gabby			
8:30 PM	INTER SPIN 8 Week Course Dee Dee	A1 & A2 SPIN 8 Week Course Kristy	ADV 3 STATIC 8 Week Course Alicia	BEG STATIC 8 Week Course Gabby			

### STUDIO C

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM					PRACTICE TIME 10-1pm		
10:00 AM						10:00 AM   BEG SILKS 8 Week Course Risako	
11:00 AM						11:00 AM   BEG2 SILKS 8 Week Course Risako	
12:00 PM						12PM ADV PREP LYRA 8 Week Course Risako	
1:00 PM						1PM STRETCH TECH Casual Class Risako	
3:30 PM	PRACTICE TIME 3:30pm - 6:15 pm	PRACTICE TIME 3:30pm - 5:15 pm	PRACTICE TIME 3:30pm - 5:15 pm	PRACTICE TIME 3:30pm - 5:15 pm		2 PM BEG LYRA 8 Week Course Sally	
5:30 PM		LYRA BASICS Casual Class Sally	ADV PREP LYRA 8 Week Course Bella	BEG 2 SILKS 8 Week Course Kristy		3 PM AERIAL CON Casual Class Sally	
6:30 PM	INTER LYRA 8 Week Course Kristee	ADV 1 LYRA 8 Week Course Risako	INTER LYRA 8 Week Course Bella	BEG SILKS 8 Week Course Risako			
7:30 PM	BEG LYRA 8 Week Course Kristee	ADV 2 & A3 LYRA 8 Week Course Risako	BEG LYRA 8 Week Course Bella	INTER PREP SILKS 8 Week Course Risako			
8:30 PM	INTER FAN DANCE Casual   Kate	Lyra Trending Tricks Virtual Class Risako	ADV 1 LYRA 8 Week Course Bella	OPEN PRIVATE Casual Class Risako			