



STUDIO A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 AM						POLE CONDITIONING Casual Class Seren	PRACTICE TIME 10am - 1pm
11 AM						BEGINNER SPIN 8 Week Course Seren	
12 PM						INTER PREP SPIN 8 Week Course Seren	
1 PM						PRACTICE TIME 1pm - 2pm	
3:30 PM	PRACTICE TIME 3:30pm - 5:45pm	PRACTICE TIME 3:30pm - 5:45pm	PRACTICE TIME 3:30pm - 5:45pm	PRACTICE TIME 3:30pm - 5:45pm	PRACTICE TIME 5pm - 7pm		
4:30 PM							
5:30 PM							
6 PM	POLE MOVES Casual Class Bek	ADVANCED 1 SPIN 8 Week Course Peita	ELITE STATIC 8 Week Course Gracie	6:30PM ADVANCED 3 STATIC 8 Week Course Bella			
7:00 PM	INTERMEDIATE STATIC 8 Week Course Bek	EXOTICA 8 Week Course Peita	ADVANCED 3 SPIN 8 Week Course Gracie	7:30PM ADVANCED 2 STATIC 8 Week Course Bella			
8 PM	ADVANCED 1 STATIC 8 Week Course Bek	ADVANCED 2 STATIC 8 Week Course Peita	ADVANCED 2 SPIN 8 Week Course Gracie	8:30PM INTERMEDIATE STATIC 8 Week Course			

STUDIO B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 AM						BEGINNER STATIC 8 Week Course Aleks	BEGINNER STATIC 8 Week Course Bek
11 AM						INTER PREP STATIC 8 Week Course Aleks	INTERMEDIATE STATIC 8 Week Course Bek
12 PM						POLE MOVES Casual Class Aleks	
6 PM	BEGINNER STATIC 8 Week Course Aleks	INTERMEDIATE SPIN 8 Week Course Bek	BEGINNER SPIN 8 Week Course Hanne	BEGINNER STATIC 8 Week Course Seren			
7 PM	INTER PREP STATIC 8 Week Course Aleks	INTERMEDIATE STATIC 8 Week Course Bek	INTERMEDIATE SPIN 8 Week Course Hanne	FLEX & FLOW Casual Class Seren			
8 PM	BEGINNER SPIN 8 Week Course Aleks	STRETCH TECHNIQUE Casual Class Bek	INTER PREP SPIN 8 Week Course Hanne	BEGINNER SPIN 8 Week Course Seren			

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