

Pole Play Studios Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
7:00AM							
8:30AM							
9:00AM			Beginner/Intermediate Casual Pole Sophia				
9:30AM							
10:00AM							
10:30AM							
11:00AM							
11:30AM							
12:00PM							
12:30PM							
1:00PM							
1:30PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM		Beginner/Intermediate Casual Pole Sophia			Pole Jam Practice Session		
4:30PM							
5:00PM		Pole Jam Practice Session		Intermediate 1 Pole Sophia			
5:30PM	Beginners 2 Pole Shannon						
6:00PM		Pole Stars (Intermediate+) Sophia	Ultimate Pole (Elite) Sophia	Specialty Workshops Sophia	Beginners 2 Pole Sandra		
6:30PM	Exotic Pole Fitness (All levels) Sophia						
7:00PM		Beginners 1 Pole Sophia					
7:30PM			Flexibility (All levels) Sophia				
8:00PM							
8:30PM							