

# Pole Play Studios Class Timetable

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

