

Pole Play Studios Class Timetable

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

8:30PM

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