

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9am			Open Casual Pole Sophia				
10am			Pole Jam Practice Session			Open Casual Pole Lucy	
10:15am		Chair Dance Lucy					
11am							
11:15am						Chair Dance Lucy	
11:30pm		Open Casual Pole Lucy					
12:15pm							
12:30pm	Open Casual Pole Lucy					Pole Jam Practice Session	
1pm							
1:30pm							
1:45pm	Stretch & Flex Lucy						
2pm							
2:45pm							
4:15pm	Beginners 3 Pole Shannon		Beginners 1 Pole Lucy				
4:45pm							
5pm		Pole Jam Practice Session		Mixed Advanced Pole Sophia	Exotic Pole Flow Jen		
5:15pm							
5:30pm	Beginners 2 Pole Shannon		Ultimate Pole Casual Elite Level Sophia				
5:45pm							
6pm		Open Casual Pole Sophia			Intermediate 1 Pole Sandra		
6:30pm				Burlesque Sophia			
6:45pm	Exotic Pole Flow Casual						
7:00pm							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:15pm	Sophia						
7:30pm		Beginners 1 Pole Sophia		Advanced 1 Pole Sophia	High Advanced Pole Sandra		
7:45pm			Beginners 3 Pole Sophia				
8pm							
8:15pm							
8:45pm							
9pm							