



Monday

18:00 Aerial Sling
18:30 Pole Kids
19:30 Beginners 2/3
20:30 Beginners 1

Tuesday

17:00 Free Practice
18:00 Acrobatics
19:00 Advanced
20:00 Intermediate
21:00 Pilates

Wednesday

10:00 Pilates
11:00 Beginners 1/2

18:00 Beginners 1/2
19:00 Flexibility Back
20:00 Beginners
21:00 Free Practice

Thursday

17:30 Free Practice
18:00 Aerial Sling
18:30 Pole Kids
19:30 Intermediate
20:30 Flexibility Splits

Friday

18:00 Pilates
19:00 Flexibility Back
20:00 Beginners 2/3

Saturday

10:00 Beginners
11:00 Free Practice
12:00 Flexibility Splits
13:00 Beginners 1/2
14:00 Intermediate
15:00 Conditioning