



# HOUSE OF POLE

POLE DANCING - AERIAL HOOP - ACROBATICS

— BY JUSTIDI & CHRISTINA —

	ΔΕΥΤΕΡΑ		ΤΡΙΤΗ		ΤΕΤΑΡΤΗ		ΠΕΜΠΤΗ		ΠΑΡΑΣΚΕΥΗ		ΣΑΒΒΑΤΟ	
	WONDERLAND	NEVERLAND	WONDERLAND	NEVERLAND	WONDERLAND	NEVERLAND	WONDERLAND	NEVERLAND	WONDERLAND	NEVERLAND	WONDERLAND	NEVERLAND
10:00-11:00			10:30-11:30 POLE Beg1	10:30-11:30 POLE Beg3	PRACTICE	POLE Beg1 NEW			PRACTICE	10:30-11:30 HOOP Beg NEW		
11:00-12:00			11:30-12:30 PRACTICE	11:30-12:30 EXOTIC Elements								
12:00-13:00												
13:00-14:00				AcroSENSES							PRACTICE	PowerFLEX Extreme
14:00-15:00											PRACTICE	EXOTIC Elements
16:00-17:00												
17:00-18:00												
18:00-19:00	PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE	AcroSENSES	PRACTICE	AcroKIDS				
19:00-20:00	POLE Beg1 NEW	HOOP Beg PRACTICE	PRACTICE	PowerFLEX	POLE Beg1	POLE Beg2	HOOP Beg NEW	POLE Beg2	PRACTICE	PRACTICE		
20:00-21:00	POLE Beg1	POLE Beg2	POLE Beg1 NEW	POLE Beg2	POLE Beg1	HOOP Int PRACTICE	HOOP Beg PRACTICE	POLE Beg2	PRACTICE	EXOTIC Elements		
21:00-22:00	PRACTICE	POLE Beg1 NEW	POLE Beg1	POLE Beg1 NEW	PRACTICE PowerFlex Extreme	POLE Beg1	PRACTICE	POLE Beg1 NEW	PRACTICE	EXOTIC Elements		
22:00-23:00	POLE Beg1	PRACTICE	HOOP Beg PRACTICE	POLE Int	PRACTICE	EXOTIC Elements	POLE Beg1	POLE Int				