

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:30am CORE CONDITIONING Strength SAMANTHA		12:30pm STRETCH TECH Stretch OCÉANE	10am BEGINNER SPIN Progressive Course RAF	10am BEGINNER STATIC Progressive Course BRI
		10:30am BEGINNER SPIN Progressive Course SAMANTHA	4:30PM POLE CONDITIONING Strength MISCHKA		10am POLE CONDITIONING Strength STACE	
12.30pm FLEX & FLOW Dance & Stretch LORISA		11:30am SENSUAL FLOW Dance Samantha	4:30pm FLY GYM Stretch		11am SPLITS INTENSIVE Stretch STACE	
5.30pm STRETCH TECH Stretch OCÉANE	1:30pm BEGINNER STATIC Progressive Course MISCHKA	1:30pm STRETCH TECH Stretch MISCHKA	5:30pm BEGINNER STATIC Progressive Course LANI		1pm FLY GYM Stretch STACE	
5:30pm POLE BASICS Tricks LYSH	5:30pm CORE CONDITIONING Strength SAMANTHA	5:30pm BEGINNER SPIN Progressive Course RAF	6:30pm BEGINNER SPIN Progressive Course LANI			
6:30pm POLE MOVES Dance LYSH	7:30pm BEGINNER SPIN Progressive Course LYSH	5:30pm POLE MOVES Dance MISCHKA	7:30pm POLE MOVES Dance LANI			
6:30pm BEGINNER SPIN Progressive Course OCÉANE	8.30pm STRETCH TECH Stretch RAF	7:30pm SENSUAL FLOW Dance KAAVYA	8:30pm BEGINNER SPIN Progressive Course LANI			
7:30pm BEGINNER STATIC Progressive Course LYSH	8:30pm BEGINNER SPIN Progressive Course LYSH	8:30pm BEGINNER STATIC Progressive Course KAAVYA	8:30PM SPLITS INTENSIVE Stretch STACE			