

POLE STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30pm POLE MOVES Dance CAZ		5.30pm LYRICAL POLE 8 Wk Showcase Dance Course ROBYN	5.30pm SPLITS INTENSIVE Stretch MEL L	10am OPEN POLE PRIVATE Tricks PEITA	9am STRETCH TECH Stretch MEL K
6.30pm ADVANCED SPIN Tricks PEITA	6.30pm POLE MOVES Dance DENISE	6.30pm INT PREP SPIN 8 Wk Course ROBYN	6.30pm BEGINNER SPIN Progressive Course MEL K		10am BEGINNER SPIN Progressive Course MEL K
7.30pm POLEOGRAPHY 8 Wk Showcase Course Dance PEITA	7.30pm BEGINNER STATIC Progressive Course DENISE	7.30pm POLEOGRAPHY 8 Wk Showcase Course Dance ROBYN	7.30pm INTER SPIN 8 Wk Course MEL K	11am POLE MOVES Dance PEITA	11am POLE ROCK 8 Wk Showcase Course Dance MEL K
8.30pm BEGINNER SPIN Progressive Course PEITA	8.30pm INT PREP / INTER STATIC 8 Wk Course DENISE	8.30pm BEGINNER STATIC Progressive Course ROBYN	8.30pm POLE MOVES Dance MEL K		12pm - 2:15pm PRACTICE TIME

POLE STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.30pm - 6.30pm PRACTICE TIME	4.30pm - 9.30pm PRACTICE TIME	4.30pm - 6.30pm PRACTICE TIME	4.30pm TEEN POLE 11 Wk Course (6/10-20/12) MEL K	12pm - 2pm PRACTICE TIME (Bookings Essential)	9am - 10am PRACTICE TIME
6.30pm ELITE PREP/ ELITE SPIN Tricks CAZ		6.30pm POLE CONDITIONING Strength LOLO	5.30pm - 7.30pm (Wks 5-8 until 6.30pm) PRACTICE TIME		10am INT PREP SPIN 8 Wk Course LOLO
7.30pm INT PREP SPIN 8 Wk Course CAZ		7.30pm ELITE PREP/ ELITE STATIC 8 Wk Course LOLO	6.30pm FIERCE FLOW (Wk 5-8) 4 Wk Showcase Dance Course CAZ		11am INVERSION THERAPY Strength LOLO
8.30pm - 9.30pm PRACTICE TIME		8.30pm ADVANCED STATIC 8 Wk Course LOLO	7.30pm - 9.30pm PRACTICE TIME		12pm OPEN POLE PRIVATE Tricks LOLO

AERIAL STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.30pm - 6.30pm PRACTICE TIME	4.30pm LITTLE AERIALS MIXER 11 Wk Course (6/10-20/12) TAZ	4.30pm - 5.30pm PRACTICE TIME	4.30pm - 5.30pm PRACTICE TIME	10am - 12pm PRACTICE TIME (Bookings Essential)	9am LITTLE AERIALS MIXER LEVEL 2 11 Wk Course (6/8-20/12) TAZ
5.30pm AERIAL BASICS (WKS 7-9 Only) Tricks TAZ	5.30pm TEEN AERIALS MIXER 11 Wk Course (6/10-20/12) TAZ	5.30pm BEGINNER LYRA Progressive Course MEL L	5.30pm INTER LYRA 8 Wk Course KARINA	12pm INTER/ ADV PREP LYRA 8 Wk Course MEL L	10am LITTLE AERIALS MIXER 11 Wk Course (6/10-20/12) TAZ
6.30pm INT PREP / INTER SILKS 8 Wk Course TAZ	6.30pm DOUBLE TROUBLE LYRA 8 Wk Showcase Trick Course TAZ & JACQUI	6.30pm ADV PREP LYRA 8 Wk Course KARINA	6.30pm ADVANCED LYRA 8 Wk Course MEL L	1pm BEGINNER LYRA Progressive Course MEL L	11:15am BEGINNER SILKS Progressive Course TAZ
7.30pm BEGINNER SILKS Progressive Course TAZ	7.30pm INTER LYRA 8 Wk Course JACQUI	7.30pm ELITE PREP LYRA 8 Wk Course KARINA	7.30pm BEGINNER LYRA Progressive Course MEL L		12:15pm OPEN AERIAL PRIVATE Tricks TAZ
8.30pm ADV PREP/ ADV SILKS 8 Wk Course TAZ	8.30pm BEGINNER LYRA Progressive Course JACQUI	8.30pm ELITE LYRA 8 Wk Course KARINA	8.30pm ROLL & RELEASE Stretch MEL L		1:15pm - 2:15pm PRACTICE TIME

