

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am ADVANCED SPIN 8 Week Course LORISA	12pm INTERMEDIATE STATIC 8 Week Course MISCHKA	12pm POLE ACRO & HANDSTANDS 2 X 4 Week Course MISCHKA	12pm ADVANCED STATIC 8 Week Course SAMANTHA	11am FLY GYM Stretch OCÉANE	10am POLE CONDITIONING Strength STACE	10am BEGINNER STATIC Progressive Course BRI
11am INTER PREP/ INTER SPIN 8 Week Course LORISA	1pm BEGINNER STATIC Progressive Course MISCHKA	1pm STRETCH TECH Stretch MISCHKA	1pm POLEOGRAPHY Showcase Course SAMANTHA	12pm POLEOGRAPHY Showcase Course OCÉANE	11am SPLITS INTENSIVE Stretch STACE	11am INTER PREP/INTER STATIC 8 Week Course BRI
12pm POLE MOVES Dance LORISA				1pm STRETCH TECH Stretch OCÉANE	12pm OPEN PRIVATE Tricks STACE	12pm POLEROCK Showcase Course BRI
	4:30pm - 5:30pm PRACTICE TIME	12pm - 5:30pm PRACTICE TIME			1pm FLY GYM Stretch STACE	
5:30pm BOOTAY Showcase Course LYSH	5:30pm CORE CONDITIONING Strength SAMANTHA	5:30pm INTER STATIC 8 Week Course MISCHKA	5:30pm INTERMEDIATE SPIN 8 Week Course OCÉANE		10am - 2pm PRACTICE TIME STUDIO 3	
6:30pm ADVANCED SPIN 8 Week Course SAMANTHA	6:30pm POLEOGRAPHY Showcase Course SAMANTHA	6:30pm POLE CONDITIONING Strength BRI	6:30pm INTER PREP SPIN 8 Week Course OCÉANE			
7:30pm POLEOGRAPHY Showcase Course SAMANTHA	7:30pm ELITE PREP STATIC 8 Week Course SAMANTHA	8:30pm POLE ROCK Showcase Course BRI	7:30pm POLEOGRAPHY FOUNDATIONS 2 X 4 Week Course OCÉANE			
8:30pm ELITE PREP STATIC 8 Week Course SAMANTHA	8:30pm LORISA'S SHOWGIRLS Showcase Course LORISA	8:30pm POLEOGRAPHY Showcase Course MISCHKA	7:30pm SPLITS INTENSIVE Stretch STACE			

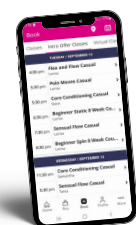
STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12pm - 5:30pm PRACTICE TIME			12pm - 5:30pm PRACTICE TIME	11am - 2pm PRACTICE TIME	10am POLE MOVES Dance RAF	10am - 1pm PRACTICE TIME
5:30pm STRETCH TECH Stretch OCÉANE	5:30pm SEXY FLOOR FLOW Showcase Course LYSH	5:30pm FIERCE FLOW Showcase Course ASH	5:30pm ADVANCED SPIN 8 Week Course STACE		11am LYRICAL Showcase Course RAF	
6:30pm POLE MOVES Dance LYSH	6:30pm INTER SPIN 8 Week Course PIP	6:30pm ELITE STATIC 8 Week Course MISCHKA	6:30pm ADVANCED STATIC 8 Week Course STACE		12pm INTER PREP/ INTER SPIN 8 Week Course RAF	
7:30pm POLE ACRO & HANDSTANDS 2 x 4 Week Course OCÉANE	7:30pm BEGINNER SPIN Progressive Course LYSH	7:30pm ELITE SPIN 8 Week Course MISCHKA	7:30pm POLE MOVES Showcase Course RAF		1pm BEGINNER SPIN Progressive Course RAF	
8:30pm INTER SPIN 8 Week Course OCÉANE	8:30pm ELITE PREP SPIN 8 Week Course SAMANTHA	8:30pm ADVANCED STATIC 8 Week Course BRI	8:30pm BEGINNER SPIN Progressive Course RAF			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30pm POLEOGRAPHY FOUNDATIONS 2 x 4 Week Course SAMANTHA	5:30pm BEGINNER STATIC Progressive Course PIP	5:30pm - 6:30pm PRACTICE TIME	5:30pm - 6:30pm PRACTICE TIME
6:30pm BEGINNER SPIN Progressive Course OCÉANE	6:30pm INT PREP STATIC 8 Week Course LYSH	6:30pm BEGINNER STATIC Progressive Course ASH	6:30pm INT PREP STATIC 8 Week Course RAF
7:30pm BEGINNER STATIC Progressive Course LYSH	7:30pm 2 WEEKS FLEX & FLOW 5 WEEKS FREE FLOW Showcase Course LORISA	7:30pm SENSUAL FLOW Dance ASH	7:30pm INTER STATIC 8 Week Course STACE
8:30pm INTER PREP SPIN 8 Week Course LYSH	8:30pm - 9:30pm PRACTICE TIME	8:30pm INTER PREP/INTER STATIC 8 Week Course ASH	8:30pm - 9:30pm PRACTICE TIME

STUDIO 3

Download the Pole Divas app to book your classes & manage your schedule!



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