

autumn term 11.09 - 17.12

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			SATURDAY	
	A	B	A	B	A	B	A	B	A	B		A	B
17:00 - 18:00	INTRO TO POLE DANCE				INTRO TO POLE DANCE		INTRO TO POLE DANCE				9:45 - 10:45		AERIAL HOOP LVL INTRO
18:15 - 19:15	POLE DANCE LVL BEGINNER 1		EXOTIC FLOW LVL BEGINER 2	AERIAL HAMMOCK LVL INTRO	SPINNING POLE LVL OPEN	FEMININE HEELS LVL INTRO	POLISTENICS LVL OPEN	AERIAL HAMMOCK LVL INTRO	INTRO TO POLE HEELS		11:00 -12:00	POLISTENICS LVL OPEN	
19:30 - 20:30	POLE COMBOS LVL OPEN		EXOTIC HARD LVL INTERM.	AERIAL HOOP LVL INTRO	POLE DANCE LVL BEGINNER 1	SENSUAL FLOORWORK LVL BEGINNER 1	POLE DANCE LVL INTERM.	AERIAL HOOP LVL INTRO	EXOTIC FLOW LVL BEGINNER 1		12:15 -13:15	POLE DANCE LVL OPEN	
20:45 - 21:45	INTRO TO POLE HEELS	TWERK LVL INTRO		STRETCHING UPPER BODY	POLE'OGRAPHY LVL OPEN			STRETCHING SPLITS		TWERK LVL INTRO			

A	- green room
B	- orange room