

# TIMETABLE

- Book your place in our system/app, according to your availability.
- Make up classes within the same month\*.
- Cancel your booking up to 3 hours before if you are not coming\*.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 - 12:00 POLE I & II		10:30 - 12:00 POLE I & II	10:30 - 12:00 POLE 0	10:00 - 11:00 FREESTYLE
	12:00 - 13:30 POLE 0 & I		12:00 - 13:30 POLE 0	12:00 - 13:00 FREESTYLE	10:00 - 11:00 POLE CONDITIONING
				12:00 - 13:00 POLE CONDITIONING	11:00- 12:30 POLE I & II
					12:30 - 14:00 POLE 0
		16:00 - 17:30 POLE 0		16:00- 17:30 POLE I & II	
17:00 - 18:30 POLE 0	17:00 - 18:30 POLE 0 & I	17:30- 19:00 POLE I & II	17:00 - 18:30 POLE 0	17:30- 18:30 F & F	
18:30 - 19:30 F & F	18:30 - 20:00 POLE II	18:30 - 20:00 Aerial Silks 0 & I	18:30- 20:00 POLE I & II	17:30 - 18:30 FREESTYLE	
18:30 - 19:30 FREESTYLE	18:30 - 19:30 F & F	19:00- 20:30 POLE II	18:30 - 20:00 Aerial Silks 0 & I	18:30 - 20:00 POLE EXOTIC	
20:30 - 22:00 POLE 0 & I	19:30 - 21:00 Aerial Silks 0 & I	20:30 - 22:00 POLE 0	20:00- 21:30 POLE I & II	20:00 - 21:30 POLE 0 & I	
	20:00- 21:30 POLE I & II				

