**A drawing of a person

Description generated with high confidence**

**ADULT TIMETABLE / MAKE UP CLASS INFORMATION**

1. Please text the instructor on the day of your required make up.
2. Make ups can be used in any level class.
3. Sling and silks students can cross discipline for make ups. Hoop and Trapeze students can cross discipline for make ups. Pole fitness and exotic pole can cross discipline for make ups.
4. All sessions must be made up within your term time unless you are continuing onto the next paid term.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Helen** | 07799424381 | **Sian** | 07970073899 | **Stacey** | 07734680684 | **Dani** | 07834234335 |
| **Emma.B** | 07581841977 | **Annette** | 07825811793 | **Laura** | 07480288572 | **Gita** | 07956148719 |
| **Von** | 07360717830 | **Jayne** | 07716473782 | **Lucy** | 07581423810 | **Emma.O** | 07739102094 |
| **Shirley** | 07545070724 |  |  |  |  |  |  |

**MONDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Low Ad Pole Fit Helen  7.30pm Low Inter Pole Fit Laura | 6.25pm HITT and focused stretch Emma.O  7.30pm Inter Exotic Pole Gita  8.30pm Inter Pole Fit Laura | 6.25pm Inter Aerial Silks Laura  7.30pm Inter Aerial Hoop Helen  8.30pm Inter Aerial Hoop Gita |

**TUESDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Inter Pole Fit Annette  7.30pm Adv Pole Fit Emma  8.30pm Beginner Pole Fit Shirley | 6.25pm Low Inter Pole Fit Stacey  7.30pm Inter Exotic Pole Stacey | 6.25pm Adv Aerial Silks Emma  7.30pm Inter Aerial Hoop Annette  8.35pm Low Inter Aerial Hoop and Trapeze Lucy |

**WEDNESDAY**

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| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Inter Pole Fit Annette  7pm Adv Pole Fit Helen  8pm Inter Pole Fit Sian | 6pm Stretch & Flexibility Gita  7pm Inter Exotic Pole Gita  8pm FREE Open Training | 6pm Beginner Aerial Hoop and Trapeze Dani  7pm Inter Aerial Hoop Annette  8pm Adv Aerial Hoop Helen |

**THURSDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Inter Pole Fit Helen  7pm Adv Pole Fit Helen  8pm Adv Pole Fit Helen | 6pm Inter Pole Fit Laura  7pm FREE Open Training  8pm Beginner Exotic Pole Shirley | 6pm FREE Open Training  7pm Inter Aerial Sling Lucy  8pm Low Inter Aerial Silks Jayne |

**FRIDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.30pm Helen Inter/Adv Exotic Pole | 6.30pm-7.30pm FREE Open Training | 6.30pm-8pm Open Training  (Six times a term)  5.30pm-7.30pm Open Training (Twice a term) |