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**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 Helen7.30pm Low Inter Pole Fit Laura | 6.25pm HITT and focused stretch Emma.O7.30pm Inter Exotic Pole Gita8.30pm Inter Pole Fit Laura | 6.25pm Inter Aerial Silks Laura7.30pm Inter Aerial Hoop Helen8.30pm Inter Aerial Hoop Gita |

**TUESDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Inter Pole Fit Annette7.30pm Adv Pole Fit Emma8.30pm Beginner Pole Fit Shirley | 6.25pm Low Inter Pole Fit Stacey7.30pm Inter Exotic Pole Stacey | 6.25pm Adv Aerial Silks Emma7.30pm Inter Aerial Hoop Annette8.35pm Low Inter Aerial Hoop and Trapeze Lucy |

**WEDNESDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Inter Pole Fit Annette7pm Adv Pole Fit Helen8pm Inter Pole Fit Sian | 6pm Stretch & Flexibility Gita7pm Inter Exotic Pole Gita8pm FREE Open Training  | 6pm Beginner Aerial Hoop and Trapeze Dani7pm Inter Aerial Hoop Annette8pm Adv Aerial Hoop Helen |

**THURSDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6pm Inter Pole Fit Helen7pm Adv Pole Fit Helen8pm Adv Pole Fit Helen | 6pm Inter Pole Fit Laura7pm FREE Open Training8pm Beginner Exotic Pole Shirley | 6pm FREE Open Training7pm Inter Aerial Sling Lucy8pm 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) |