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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 |
| **Ellie-Marie** | 07789225603 | **Annette** | 07825811793 | **Laura** | 07480288572 | **Gita** | 07956148719 |
| **Shirley** | 07545070724 | **Jayne** | 07716473782 | **Lucy** | 07581423810 | **Emma.O** | 07739102094 |
| **Emily** | 07702153515 |  |  |  |  |  |  |

**MONDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Low Ad Pole Fit Helen7.30pm Low Inter Pole Fit Laura8.30pm Beginner Pole Fit Jayne | 6.25pm HITT and Focused Stretch Emma.O7.30pm Inter Exotic Pole Gita8.30pm Inter Pole Fit Emily | 6.25pm Inter Aerial Silks Laura7.30pm Inter Aerial Hoop Helen8.30pm Beginner Aerial Hoop COMING SOON |

**TUESDAY**

|  |  |  |
| --- | --- | --- |
| **STUDIO 1 - POLE** | **STUDIO 2 -POLE** | **STUDIO 3 - AERIAL** |
| 6.25pm Inter Pole Fit Annette7.30pm Adv Pole Fit Ellie-Marie8.30pm Low Inter Pole Fit Shirley | 6.25pm Beginner Pole Fitness Gita7.30pm Inter Exotic Pole Shirley8.30pm Beginner Pole Fitness COMING SOON | 6.25pm Adv Aerial Silks Ellie-M7.30pm Inter Aerial Hoop Annette8.35pm Beginner/ Low Inter Aerial Hoop 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** |
| 6.15pm Helen Inter/Adv Exotic Pole | 6.15pm-7.15pm FREE Open Training | 6.15pm-7.15pm FREE Open Training |