



CLASS TIMETABLE	17:15 - 18:00	18:00 – 18:45	18:45 – 19:30	19:30 – 20:15
Monday:	Pole Basics 101/ Pole Flow (Beginner Level)	Sassy Fitness (All Levels)	Intermediate Pole	
Tuesday:		Advanced Pole	Pole Flex (All Levels)	Intermediate Pole
Wednesday:	Intermediate/ Advanced Pole	Pole Conditioning (All Levels)	Pole Basics 101 (Beginner Level)	
Thursday:	17:30 - 18:15 Pole Basics 101 (Beginner Level)	18:15 - 19:00 Fitness (All Levels)	19:00 - 19:45 Contemporary Flow/ Exotic Flow (Intermediate Level)	
Saturday:	09:00 – 09:45 Barre Fit (All Levels)	09:45 – 10:30 Pole Jam (All Levels)		

*There is a 4 HOUR cancellation policy and classes not cancelled within the 3 hour time frame will be forfeited

**There must be at least 4 students booked for a class to take place if not or students cancel that class will then be cancelled but students will be informed timeously of such cancellation

***The above timetable and terms are subject to change at any given time



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