

Monday					
2:15	FUN-ctional Therapy				
3:15	FUN-ctional Therapy				
4:15	WACA coaching				
05:15	Adv Pole	Int Hoops		KIDS	
06:15	Inter Pole	Adv Hoops		Tuesday	
07:15	Basic Pole	Basic Hoops		3:30 Silks 7 years and under	
				4:30 Silks up to 10 years	
Tuesday		Adv Silks		KIDS	
05:15	Freestyle	Basic Silks		Wednesday	
06:15	Basic Pole	Basic Silks		4:00 Silks 8/9 year olds	
07:15	Inter Pole	Basic Silks		5:00 Silks Inter	
08:15	Mixed Pole			6:00 Teens	
				7.000 Teens	
Wednesday				KIDS	
05:15	Expert Pole		5:30 - Yoga	Thursday	
06:15	Basic Pole		6.30 -Yoga	4:00 Silks	
07:15	Advance Pole				
Thursday					
05:15	Basic Pole	Silks Basic	5:30 Yoga		Pole
06:15	Freestyle Pole	Silks Inter	7:15 Core		Hoops
07:15	Mixed Pole	Silks Basic			Silks
08:15		Silks Basic			Yoga
					Kids
					Core
Friday					Flex
09:15	Mixed Pole				
10:30	Yoga				