

beg friendly	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	
9.30am	<b>Strength and Conditioning</b> Lizzie	Training time			<b>Pole Level 2</b> Sam	Training time	<b>Pole 2/3</b> Combos Kaena	Training time	<b>Pole 1/2</b> Combos Lulu	Training time	<b>Pole 3/4</b> Combos Lulu	Training time	<b>Pole 2/3</b> Combos Kriszti	<b>Pole Level 1</b> Amy R	9.30am
10.30am	<b>Pole Level 2</b> Lizzie	Training time			<b>Stretch &amp; Flex</b> Sam	Training time	<b>Flow</b> Kaena	Training time	<b>Strength and Conditioning</b> Lulu	Training time	<b>Flow</b> Lulu	Training time	<b>Pole Level 5</b> Nikita	<b>Stretch &amp; Flex</b> Kriszti	10.30am
11.30am	<b>Flow</b> Lizzie	Training time					<b>Pole Level 1</b> Kaena	Training time					<b>Pole 4/5</b> Combos Kriszti	<b>Pole Level 3</b> Nikita	11.30am
12.30pm													Training time	<b>Pole Play</b> Kriszti	12.30pm
1.30pm															1.30pm
2.30pm															2.30pm
3.30pm															3.30pm
4.30pm	<b>Flow</b> Kaena	Training time					<b>Beginner Flow</b> Sam	Training time	<b>Pole Level 4</b> Hazel	<b>Stretch &amp; Flex</b> Simie					4.30pm
5.30pm	<b>Pole Level 3</b> Kaena	Training time	<b>Pole 1/2</b> Combos Hazel	<b>Stretch &amp; Flex</b> Amy	<b>Pole Level 2</b> Amber	<b>Basework</b> Kaena	<b>Flow</b> Sam	<b>Pole Level 3</b> Abbey	<b>Pole 3/4</b> Combos Amber	<b>Pole Level 1</b> Simie	<b>Pole Play</b> Rosie	<b>Pole Level 1</b> Nikita			5.30pm
6.30pm			<b>Pole Play</b> Amy	<b>Pole Level 1</b> Hazel	<b>Pole 2/3</b> Combos Amber	<b>Stretch &amp; Flex</b> Kaena	<b>Pole Level 5</b> Kristine	<b>Beginner Spin</b> Abbey	<b>Pole Level 3</b> Kaena	<b>Pole Play</b> Amber	<b>Pole 2/3</b> Combos Nikita	<b>Flow</b> Ave			6.30pm
7.30pm			<b>Pole Level 4</b> Sam	<b>Pole Level 2</b> Hazel	<b>Pole 4/5</b> Combos Claire	<b>Strength and Conditioning</b> Kaena			<b>Beginner Flow</b> Kaena	Training time	<b>Pole Level 4</b> Rosie	<b>Stretch &amp; Flex</b> Ave			7.30pm
8.30pm			<b>Intermediate Spin</b> Sam	Training time	<b>Flow</b> Claire	Training time									8.30pm
9.30pm															9.30pm