

	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	Strength and Conditioning Lizzie	Training time			Pole Level 2 Sam	Training time	Pole 2/3 Combos Kaena	Training time	Pole 1/2 Combos Lulu	Training time	Pole 3/4 Combos Lulu	Training time	Pole 2/3 Combos Kriszti	Pole Level 1 Amy R	9.30am
10.30am	Pole Level 2 Lizzie	Training time			Stretch & Flex Sam	Training time	Flow Kaena	Training time	Strength and Conditioning Lulu	Training time	Flow Lulu	Training time	Pole Level 5 Nikita	Stretch & Flex Kriszti	10.30am
11.30am	Flow Lizzie	Training time					Pole Level 1 Kaena	Training time					Pole 4/5 Combos Kriszti	Pole Level 3 Nikita	11.30am
12.30pm													Training time	Pole Play Kriszti	12.30pm
1.30pm															1.30pm
2.30pm															2.30pm
3.30pm															3.30pm
4.30pm	Flow Kaena	Training time			Pole Level 1 Megan	Training time	Beginner Flow Sam	Training time	Pole Level 4 Megan	Stretch & Flex Simie	Pole Level 2 Rosie	Training time			4.30pm
5.30pm	Pole Level 3 Kaena	Training time	Pole 1/2 Combos Hazel	Stretch & Flex Amy	Pole Level 2 Amber	Basework Kaena	Flow Sam	Pole Level 3 Abbey	Pole 3/4 Combos Megan	Pole Level 1 Simie	Pole Play Rosie	Pole Level 1 Nikita			5.30pm
6.30pm			Pole Play Amy	Pole Level 1 Hazel	Pole 2/3 Combos Amber	Stretch & Flex Kaena	Pole Level 5 Kristine	Beginner Spin Abbey	Pole Level 3 Kaena	Pole Play Megan	Pole 2/3 Combos Nikita	Flow Ave			6.30pm
7.30pm			Pole Level 4 Sam	Pole Level 2 Hazel	Pole 4/5 Combos Claire	Strength and Conditioning Kaena			Beginner Flow Kaena	Training time	Pole Level 4 Rosie	Stretch & Flex Ave			7.30pm
8.30pm			Intermediate Spin Sam	Training time	Flow Claire	Training time									8.30pm
9.30pm															9.30pm