

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	TheConservatory	The Parlour	TheConservatory	The Parlour	TheConservatory	The Parlour	TheConservatory	The Parlour	TheConservatory	
9.30am	Pole Level 2 Lizzie	Training time			Pole Level 2 Sam	Training time	Pole 2/3 Combos Kaena	Training time	Pole Level 1 Lulu	Training time	Pole 3/4 Combos Lulu	Training time	Pole 2/3 Combos Kriszti	Pole Level 1 Amy R	9.30am
10.30am	Strength and Conditioning Lizzie	Training time			Stretch & Flex Sam	Training time	Flow Kaena	Training time	Strength and Conditioning Lulu	Training time	Flow Lulu		Pole Level 3 Nikita	Stretch & Flex Kriszti	10.30am
11.30am					Pole Level 3 Sam	Training time	Pole Level 1 Kaena	Training time					Pole Level 5 Nikita	Level 2 Kriszti	11.30am
12.30pm													Pole4/5 Combos Kriszti	Flow Nikita	12.30pm
1.30pm													Pole Level 4 Nikita	Training time	1.30pm
2.30pm	Chair Flow Kaena	Training time													2.30pm
3.30pm	Pole Level 1 Kaena	Training time													3.30pm
4.30pm	Flow Kaena	Training time	Pole 1/2 Combos Hazel	Training time	Pole Level 1 Megan	Training time	Beginner Flow Sam	Training time	Pole Level 4 Megan	Stretch & Flex Kaena	Intermediate basework Rosie	Training time			4.30pm
5.30pm	Pole Level 3 Kaena	Training time	Pole Level 3 Hazel	Stretch & Flex Amy	Pole Level 2 Amber	Beginner basework Kaena	Flow Sam	Pole Level 2 Rosie	Pole 3/4 Combos Megan	Pole Level 1 Kaena	Pole Play Rosie	Pole Level 1 Nikita			5.30pm
6.30pm			Pole Level 5 Amy	Pole Level 1 Hazel	Pole 2/3 Combos Amber	Stretch & Flex Kaena	Pole Level 5 Kristine	Stretch & Flex Abbey	Pole Level 3 Simie	Strength and Conditioning Megan	Pole 2/3 Combos Nikita	Flow Ave			6.30pm
7.30pm			Pole Level 4 Sam	Pole Level 2 Hazel	Pole level 3 Claire	Ballet Barre Kaena	Pole Level 3 Rosie	Beginner Spin Abbey	Beginner Flow Simie	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
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