

|         | 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  | Pole Level 2<br>Lizzie                 | Training time    |                             |                          | Pole Level 2<br>Sam         | Training time                 | Pole 2/3<br>Combos<br>Kaena | Training time              | Pole Level 1<br>Lulu                 | Training time                         | Pole 3/4<br>Combos<br>Lulu        | Training time            | Pole 2/3<br>Combos<br>Kriszti | Pole Level 1<br>Amy R        | 9.30am  |
| 10.30am | Strength and<br>Conditioning<br>Lizzie | Training time    |                             |                          | Stretch &<br>Flex<br>Sam    | Training time                 | Flow<br>Kaena               | Training time              | Strength and<br>Conditioning<br>Lulu | Training time                         | Flow<br>Lulu                      |                          | Pole Level 3<br>Nikita        | Stretch &<br>Flex<br>Kriszti | 10.30am |
| 11.30am |  |                  |                             |                          | Pole Level 3<br>Sam         | Training time                 | Pole Level 1<br>Kaena       | Training time              |                                      |                                       |                                   |                          | Pole Level 5<br>Nikita        | Level 2<br>Kriszti           | 11.30am |
| 12.30pm |  |                  |                             |                          |                             |                               |                             |                            |                                      |                                       |                                   |                          | Pole4/5<br>Combos<br>Kriszti  | Flow<br>Nikita               | 12.30pm |
| 1.30pm  |  |                  |                             |                          |                             |                               |                             |                            |                                      |                                       |                                   |                          | Pole Level 4<br>Nikita        | Training time                | 1.30pm  |
| 2.30pm  | Chair Flow<br>Kaena                    | Training time    |                             |                          |                             |                               |                             |                            |                                      |                                       |                                   |                          |                               |                              | 2.30pm  |
| 3.30pm  | Pole Level 1<br>Kaena                  | Training time    |                             |                          |                             |                               |                             |                            |                                      |                                       |                                   |                          |                               |                              | 3.30pm  |
| 4.30pm  | Flow<br>Kaena                          | Training time    | Pole 1/2<br>Combos<br>Hazel | Training time            | Pole Level 1<br>Megan       | Training time                 | Beginner<br>Flow<br>Sam     | Training time              | Pole Level 4<br>Megan                | Stretch &<br>Flex<br>Kaena            | Intermediate<br>basework<br>Rosie | Training time            |                               |                              | 4.30pm  |
| 5.30pm  | Pole Level 3<br>Kaena                  | Training time    | Pole Level 3<br>Hazel       | Stretch &<br>Flex<br>Amy | Pole Level 2<br>Amber       | Beginner<br>basework<br>Kaena | Flow<br>Sam                 | Pole Level 2<br>Rosie      | Pole 3/4<br>Combos<br>Megan          | Pole Level 1<br>Kaena                 | Pole Play<br>Rosie                | Pole Level 1<br>Nikita   |                               |                              | 5.30pm  |
| 6.30pm  |  |                  | Pole Level 5<br>Amy         | Pole Level 1<br>Hazel    | Pole 2/3<br>Combos<br>Amber | Stretch &<br>Flex<br>Kaena    | Pole Level 5<br>Kristine    | Stretch &<br>Flex<br>Abbey | Pole Level 3<br>Simie                | Strength and<br>Conditioning<br>Megan | Pole 2/3<br>Combos<br>Nikita      | Flow<br>Ave              |                               |                              | 6.30pm  |
| 7.30pm  |  |                  | Pole Level 4<br>Sam         | Pole Level 2<br>Hazel    | Pole level 3<br>Claire      | Ballet Barre<br>Kaena         | Pole Level 3<br>Rosie       | Beginner<br>Spin<br>Abbey  | Beginner<br>Flow<br>Simie            | Training time                         | Pole Level 4<br>Rosie             | Stretch &<br>Flex<br>Ave |                               |                              | 7.30pm  |
| 8.30pm  |  |                  | Intermediate<br>Spin<br>Sam | Training time            | Flow<br>Claire              | Training time                 |                             |                            |                                      |                                       |                                   |                          |                               |                              | 8.30pm  |
| 9.30pm  |  |                  |                             |                          |                             |                               |                             |                            |                                      |                                       |                                   |                          |                               |                              | 9.30pm  |