

# TIMETABLE

- Book your place in our system/app, according to your availability.
- Make up classes within the same month\*.
- Cancel your booking up to 3 hours before if you are not coming\*.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 - 11:30 <b>POLE EXOTIC</b>	10:30 - 12:00 <b>POLE 0 &amp; I</b>	10:30 - 12:00 <b>POLE 0</b>	10:00 - 11:00 <b>FREESTYLE</b>
	10:30 - 12:00 <b>POLE 0</b>	11:30 - 12:30 <b>F &amp; F*</b>			11:00 - 12:30 <b>POLE I &amp; II</b>
					12:30 - 14:00 <b>POLE 0</b>
		16:00 - 17:30 <b>POLE 0</b>		16:00 - 17:30 <b>POLE I</b>	
17:30 - 19:00 <b>POLE 0 &amp; I</b>	17:00 - 18:30 <b>POLE 0</b>	17:30 - 19:00 <b>POLE 0</b>	17:00 - 18:30 <b>POLE 0</b>	17:30 - 18:30 <b>F &amp; F*</b>	
19:00 - 20:00 <b>F &amp; F*</b>	18:30 - 20:00 <b>POLE 0</b>	18:30 - 20:00 <b>AERIAL</b>	18:30 - 20:00 <b>POLE 0</b>	17:30 - 18:30 <b>FREESTYLE</b>	
19:00 - 20:00 <b>FREESTYLE</b>	18:30 - 19:30 <b>F &amp; F*</b>	19:00 - 20:30 <b>SILKS 0 &amp; I</b>	18:30 - 20:00 <b>AERIAL</b>	18:30 - 20:00 <b>POLE EXOTIC</b>	
20:00 - 21:30 <b>POLE 0</b>	19:30 - 21:00 <b>AERIAL</b>	19:00 - 20:30 <b>POLE I &amp; II</b>	20:00 - 21:30 <b>SILKS 0</b>		
	20:00 - 21:30 <b>SILKS 0</b>	20:15 - 21:15 <b>F &amp; F*</b>	20:00 - 21:30 <b>POLE I &amp; II</b>	20:00 - 21:30 <b>POLE 0</b>	
	20:00 - 21:30 <b>POLE I &amp; II</b>	20:30 - 22:00 <b>POLE 0</b>			

\*All S&F classes are at the studio and online.  
\*Check our policies. Check out covid-19 measures. Check our prices.

