

# STUDIO 27 POLE FITNESS

**TERM 1/2019**

**Monday 7th January to Saturday 2nd March**



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00AM		AEROBICS POLE STYLE \$10		AEROBICS POLE STYLE \$10	AEROBICS POLE STYLE \$10		8.00AM SWEAT & STRETCH \$10
9.30AM		BEGINNER TO ADVANCED POLE		BEGINNER TO ADVANCED POLE	BEGINNER TO ADVANCED POLE		
10.30AM			OVER 40'S POLE CLASS	FLOORWORK & FLEXIBILITY			
5.30PM	INTERMEDIATE POLE CLASS	INTERMEDIATE POLE CLASS	BEGINNER POLE CLASS	BEGINNER/ INT PREP POLE CLASS			
6.30PM	CURVY QUEENS POLE CLASS	INT PREP/ INT POLE CLASS	INT PREP/ INT POLE CLASS	INTERMEDIATE /ADVANCED POLE CLASS			
7.30PM	BEGINNER POLE CLASS			ADVANCED POLE CLASS			