



Timetable

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 Beginners Pole	18:30 Mixed Ability Pole	Private Lessons	18:00 Stretch & Flex		Private Lessons Pole Parties	
19:30 Mixed Ability Pole	19:30 Mixed Ability Pole		19:30 Mixed Ability Pole			

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 Beginners Pole	18:30 Mixed Ability Pole	Private Lessons	18:00 Pole Conditioning		Private Lessons Pole Parties	
19:30 Mixed Ability Pole	19:30 Mixed Ability Pole		19:30 Mixed Ability Pole			

Pricing:

Pole Classes: £14.00 pay as you go or £44 for a block of 4 *

Private Pole Class: £30 1-2-1
£40 2-2-1

Stretch & Flex / Pole Conditioning: £9 pay as you go

* Blocks of 4 must be taken within 6 weeks.