

# Pole Fitness Malta

Week **February 10**

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

	2/10 MONDAY	2/11 TUESDAY	2/12 WEDNESDAY	2/13 THURSDAY	2/14 FRIDAY	2/15 SATURDAY	2/16 SUNDAY
11:00 AM	Instructors are available for private lessons. Please email polefitnessmalta@gmail.com for more info				Different workshops will be held on Saturdays every month. Because of this, classes on Saturdays are subject to change	Handstands *15th feb, 14th and 28th march	No Classes
12:00 PM						Splits	
1:00 PM						Exotic Choreo	
2:00 PM						Pole Jam	
						Workshops this month:	
						15th Feb LoveSpell Lapdance 1pm	
						29th Feb Billie Eilish Choreo 11am	
630PM	Intermediate Tricks	Beginner 1 Spin	Intermediate Combos	Beginner Exotic	Beginner 2 Spin		
730PM	Strength and Flex	Beginner 1 Static	Strength and Flex	Beginner 2 Static	Exotic Tricks		
830PM					Pole Jam		

## WORKSHOPS:

Sat 15th Feb Love Spell Acro Lapdance 1-3pm \* replacing Exotic Choreo

Sat 29th Feb Billie Eilish Choreography 11-1pm \*replacing Handstands