



Oct 2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|-------------|------------|-------------------------------|------------------|--|------------|
| | | | No Classes | | | | No Classes |
| 11:00 | | | | | | Exotic Choreo | |
| 12:00 | | | | | | Flexiblity Poses | |
| | | | | | | Workshops- Check Facebook & Instagram for updates. | |
| | Available for Private lessons upon request (WhatsApp 99954036) | | | | | | |
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| 6:30 PM | Intermediate (static combos) | Spin Pole 2 | | Intermediate (Strength moves) | Spin Pole 1 | | |
| 7:30 PM | Strength&Flex | Beginner 1 | | Beginner 2 | Exotic Floorwork | | |
| 8:30 PM | Practice | | | | Practice | | |

Pink Classes are suitable for Beginners

Purple Classes are suitable for Intermediate to advanced levels.