

# Pole Fitness Malta

Week **September 21**

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

	9/21 MONDAY	9/22 TUESDAY	9/23 WEDNESDAY	9/24 THURSDAY	9/25 FRIDAY	9/26 SATURDAY	9/27 SUNDAY
	Instructors are available for private lessons. Please email polefitnessmalta@gmail.com for more info						No Classes
10:30	COLOUR CODE: DANCE					Capoeira (B)	
11:45 AM	STRETCH					Drills for Skills (B)	
1:00 PM	STRENGTH					Low Flow Combos	
	Classes marked with (B) are Beginner friendly						
630PM	Intermediate Combos	Pole Fundamentals (Beg2)	Floorwork (B)	Intermediate Tricks	Beginner Pole (B)		
730PM	Booty and Splits (B)	Beautiful Backbends (B)	Spin Pole Flows(B)	Pure Splits (B)	Exotic Choreo (B)		
830PM		Pole Practice	Full Body Flex (B)	Beginner Pole (B)	Evening Reset (B)		

## MONTHLY WORKSHOPS (last weekend of every month):

To be announced

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