

Class schedule '19



MON

TUE

Intermediate / Advanced pole
Floor Work

18:00-19:15
19:30-20:45

WED

Slow Flow
Beginner pole

18:00-19:15
19:30-20:45

THU

Intermediate / Advanced pole
Beginner pole

18:00-19:15
19:30-20:45

FRI

SAT

Stretching
Open class

11:00-12:00
12:00-15:00

SUN

Workshops / Private lessons