



Week commencing :- 22nd July 2024

Pole sessions - 8 week Term

Hoop sessions - 4 week Term

Hammock - 4 Week Term

Drop in classes - PAYG

Instructors are also available for 1 to 1 sessions outside of the normal schedule times. please contact the instructor to arrange to suitable time

Evening Sessions

Monday	Tuesday	Wed	Thurs	Friday	Sat	Sun
<p>Hoop beginners 6.30pm - 7.30pm (Laura)</p> <p>AVAILABLE TO BOOK</p>	<p>Hammock 6.15pm-7.15pm (Laura)</p> <p>Holly Meghan Rebecca</p>		<p>Pole inter 6.15pm - 7.15pm (laura)</p> <p>Catilyn Catherine Bronwen Keri</p>	<p>Pole Beginners 6.15pm - 7.15pm (Tessa)</p> <p>AVAILABLE TO BOOK</p>		<p>Drop in Open Practice</p> <p>TIMES VARY</p>
<p>Hoop Inter 6.30 - 7.30pm (Laura)</p> <p>Becca Ferne Catilyn Catherine Joan</p>	<p>Inter Pole 7.30pm - 8.15pm (Laura)</p> <p>Janine Judith Sara Orla</p>	<p>Pole inter 6 - 7pm (Laura)</p> <p>Meghan Amy Scarlett Natalie</p>	<p>Pole inter 7.30pm - 8.30pm (Laura)</p> <p>Emma Robyn Jude Nicola T</p>			
	<p>Adv Pole 8.30pm-9.30pm (Laura)</p> <p>Karen Gen Nicole Joan Patrycja</p>	<p>Spin Pole Drop in Class 7 - 8pm</p>	<p>Pole inter 8.30pm - 9.30pm (Laura)</p> <p>Hazel Fiona Aiofe</p>			

