

POLE	FLOW	CONDITIONING	OPEN STUDIO
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM						Conditioning	
9:15 AM						Beginner Pole	
10:00 AM			Beginner Pole				
10:30 AM						Heelology	
11:00 AM							Heel Tricks
2:50 PM	Open Pole						
3:30 PM							Intro to Contortion
4:00 PM			Beginner Pole	Open Pole			
4:15 PM		Pole Flow					
5:00 PM							Stripper Style
5:15 PM	3 Tricks		Intermediate 90				
5:30 PM		All Level Pole		All Level Pole 90			
6:30 PM	Freestyle Flow				Beginner Heels		
6:45 PM		Beginner Pole					
7:00 PM			Beginner Pole				
7:30 PM				Peachy Poleography			
8:00 PM	Peachy Poleography	Open Pole					