

# SUMMER DANCE

## POLE & DANCE TIMETABLE

8<sup>th</sup> 28<sup>th</sup> January '24

	MONDAY Studio 1. Studio 2		TUESDAY Studio 1. Studio 2		WEDNESDAY	THURSDAY Studio 1. Studio 2		FRIDAY	SATURDAY
10am									<b>DYNAMIC HEELS FLOW</b> <i>Open level</i> (Natty)
11am									<b>CASUAL</b> <b>POLE'OGRAPHY 1</b> <i>Beginners</i>
12noon									<b>CASUAL</b> <b>SPIN POLE'</b> <b>OGRAPHY 2</b> <i>Beginners 2+</i>
1pm									<b>CASUAL</b> <b>OPEN POLE'</b> <b>PRACTICE</b>
5.30pm							<b>CASUAL</b> <b>OPEN POLE'</b> <b>PRACTICE</b>		
6.30pm	<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>INTER 1</b> (Jemma)	<b>AERIAL ADVENTURES</b> with Natty (Natty) Advanced	<b>NEW BEGINNERS</b> <b>TRIAL CLASS</b> (Carmen)	<b>FLOATING THROUGH</b> <b>TRANSITIONS</b> (Jaq) <i>Inter 4 +</i>	<b>INTER 1</b> <b>REVISION</b> <b>&amp; COMBOS</b> (Jemma)	<b>POLE</b> <b>HANDSTANDS</b> (Fiona) <i>Inter 1+</i>	<b>18<sup>th</sup> &amp; 25<sup>th</sup></b> <b>UNDERSTANDING</b> <b>YOUR INVERTS</b> (Amanda) <i>Open level</i>	<b>POLE CRAFT</b> <i>Elite Pole</i> Private class	

7.30pm	<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>BEGINNERS</b> <b>SYLLABUS</b> <b>REVISION</b> (Amanda/ Mya)	<b>LOW FLOW</b> <b>HEELS</b> (Jaq) <i>Inter 3+</i>	<b>ADVANCED 1</b> <b>POLE</b> (Carmen)	<b>FLUIDITY</b> <i>Pole Flow</i> (Jaq) <i>Inter 1+</i>	<b>INTER 2</b> <b>REVISION</b> <b>&amp; COMBOS</b> (Salem)	<b>INTER 3</b> <b>REVISION &amp;</b> <b>COMBOS</b> (Fiona)	<b>18<sup>th</sup> &amp; 25<sup>th</sup></b> <b>SLUT DROP</b> <i>Old school</i> <i>spin pole</i> (Amanda) <i>Inter 3+</i>		
8.30pm	<b>15<sup>th</sup> &amp; 22<sup>nd</sup></b> <b>CASUAL</b> <b>SPIN POLE'</b> <b>OGRAPHY 2</b> <i>Beginners 2+</i> (Amanda/ Mya)	<b>BEGINNERS 2</b> <b>SYLLABUS</b> <b>REVISION</b> (Jemma)	<b>NOUGHTY POLE</b> <i>Heels Choreo 2000's</i> (Carmen) <i>Beginners 2+</i>	<b>BEGINNERS</b> <b>SYLLABUS</b> <b>REVISION</b> (Jemma)	<b>STEEL STILETTOS</b> <i>Rock/Metal Heels</i> <i>Choreo</i> (Salem) <i>Open level</i>	<b>BEGINNERS 2</b> <b>REVISION &amp;</b> <b>COMBOS</b> (Fiona)	<b>18<sup>th</sup> &amp; 25<sup>th</sup></b> <b>SLUT'</b> <b>OGRAPHY</b> <i>Old School Pole</i> (Amanda) <i>Open level</i>		