

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	
9.30am	Strength and Conditioning Lizzie	Training time			Pole Level 2 Simie	Training time	Pole 2/3 combo? Kaena	Training time	Pole Level 1 Lulu	Training time	Pole 1/2 Combos Simie	Training time	Pole Level 5 Claire	Pole Level 1 Amy R	9.30am
10.30am	Pole Level 2 Lizzie	Training time			Stretch & Flex Simie	Training time	Flow Kaena	Training time	Strength and Conditioning Lulu	Training time	Flow Simie	Training time	Pole Level 3 Claire	Stretch & Flex Maddie	10.30am
11.30am					Pole level 3 Simie	Training time	Pole Level 1 Kaena	Training time					Flow Maddie	Pole Level 2 Claire	11.30am
12.30pm													Pole Level 4 Maddie	Pole 1/2 Combos Kriszti	12.30pm
1.30pm													4/5 combos Kriszti	Training time	1.30pm
2.30pm															2.30pm
3.30pm	Pole Level 3 Kaena	Training time													3.30pm
4.30pm	Flow Kaena	Training time	Pole 1/2 Combos Megan	Training time	Pole Level 1 Hazel	Training time	Beginner Flow Sam	Training time	Pole Level 3 Sam	Stretch & Flex Kaena	Intermediate basework Rosie	Training time			4.30pm
5.30pm	Pole Level 1 Kaena	Training time	Pole Level 3 Megan	Stretch & Flex Amy	Pole Level 2 Amber	Beginner basework Kaena	Flow Sam	Pole Level 2 Rosie	Pole 3/4 Combos Sam	Pole Level 1 Kaena	Pole Play Rosie	Pole Level 1 Kriszti			5.30pm
6.30pm			Pole Level 5 Amy	Pole Level 1 Izelle	Pole 2/3 Combos Amber	Stretch & Flex Kaena	Pole Level 5 Kristine	Stretch & Flex Kaena	Pole Level 4 Megan	Strength and Conditioning Sam	Pole 2/3 Combos Kriszti	Flow Ave			6.30pm
7.30pm			Pole Level 4 Sam	Pole Level 2 Izelle	Pole level 3 Claire	Ballet Barre Kaena	Pole Level 3 Rosie	Pole Level 1 Kaena	Beginner Flow Megan	Pole Level 2 Sam	Pole Level 4 Rosie	Training time			7.30pm
8.30pm			Intermediate basework Sam	Training time	Flow Claire	Training time									8.30pm
9.30pm															9.30pm