

Monday			
18:00 - 19:00	Intermediate Pole	Pole Studio	Amy
19:00 - 20:40	Open practice	Pole Studio	No Instructor-£5 / FREE to members
18:05 - 19:05	Beg Aerial Hoop	Dance Studio	Christabelle - Check for nxt start date
19:05 - 19:35	X-TND: Xpress	Dance Studio	Amy - 30 Minute workout, like LBT
19:40 - 20:40	X-TND: Ballet Fit	Dance Studio	
20:40 - 21:40	Heel Angels	Pole Studio	Carla - Heels not compulsory, All Levels
20:40 - 21:15	iMoveFreely	Dance Studio	Amy - Biomechanics, Injury prevention

Tuesday			
9:30 - 10:30	X-TND: Dance Fit	Dance Studio	Leah- a fresh and funky approach to your morning workout
12:30 - 13:30	Beginners Pole Drop in	Pole Studio	Amy Williams / Nat / Leah All levels, including complete beginners.
13:30 - 14:15	X-TND & Perfect Pole	Pole Studio	Amy Williams / Nat / Leah All levels, including complete beginners.
18:00 - 19:00	Zumba	Pole Studio	Amy
19:05 - 20:05	Twerk Out with Leah	Dance Studio	Leah - A fun filled, heart pumping, upbeat street dance class with a bit of sass ...
18:00 - 19:30	Advanced Pole	Pole Studio	Amy
19:30 - 20:30	X-TND: Pole Flow	Dance Studio	Amy - Learn a choreographed routine. All levels, inc beginners.
19:40 - 20:40	Beginner Lvl 1 Pole	Dance Studio	Amy - 6 week beg course,check next start date

Wednesday			
16:00 - 17:00	Teen Street Dance	Dance Studio	Nat - No experience needed.
17:00 - 18:00	Private Lessons		Nat - Pole or Hoop
18:00 - 19:00	Aerial Hoop Routine	Pole Studio	Christabelle Learn a choreographed routine. All levels.
18:00 - 19:00	Int / Adv Pole	Pole Studio	Nat Mixed ability int / advanced prep pole class. Focus is on strength & conditioning training.
19:00 - 20:00	Burlesque	Dance Studio	Manda
19:05 - 20:05	Beginner Lvl 1 pole	Dance Studio	Nat - 6 Week Beg Course. Chek online
20:05 - 21:05	Beginners Level 2	Pole Studio	Nat - Rolling course, start at any time.

Thursday			
13:00 - 13:45	X-TND: Ballet Fit	Pole Studio	Amy
13:45 - 2:30	iMoveFreely	Pole Studio	Amy - Biomechanics, Injury prevention
16:15 - 17:00	X-TND: Teen Aerial	Dance Studio	Amy - Pole & Hoop class for teens
16:00 - 19:00	Open practice	Pole Studio	No Instructor-£5 / FREE to members
18:00 - 19:00	Freestyle Fitness Yoga	Dance Studio	Amy -Yoga taught from a fitness perspective. no experience necessary
19:05 - 20:10	X-TND & Flex: Beg - Int	Dance Studio	Leah - perfect for anyone wanting to maintain or increase flexibility. No experience needed.
19:05 - 20:10	X-TND & Flex: Int - Adv	Dance Studio	Amy - A more in depth approach to stretching / maintaining flexibility.
20:10 - 21:10	X-TND & Perfect: Hoop Practice	Dance Studio	Leah- Supervised instructor lead hoop practice / training.
20:10 - 21:10	Beg Lvl 2 Pole	Pole Studio	Amy - Rolling course, start at any time.

Friday			
18:15 - 19:30	X-TND: Pole F.I.T	Pole Studio	Amy / Carla - All levels, Including beginners. Functional intensive training . Developing pole techniques.

Saturday			
11:30 - 12:30	iMove Freely	Dance Studio	Amy - Biomechanics, Injury prevention. EVERY OTHER WEEK
11:30 - 12:30	X-TND & Perfect: Pole Practice	Pole Studio	Amy / Carla / Christabelle / Leah / Nat Mixed ability instructor led pole practice

Sunday			
11:30 - 13:00	X-TND: Flight Club	Pole Studio & Dance Studio	Christabelle - Hoop, Pole, Hammock, Handstand pic'a'mix. Practice or learn new moves or techniques. All levels, inc complete beginners.
13:00 - 14:00	Intermediate Hoop	Pole Studio	Christabelle
13:00 - 14:00	Open practice - Pole	Dance Studio	No Instructor

If you have any questions please call / text / email 07889 749 336 / 01823 429520 / mail@studio22dance.com. To book online please visit our website www.studio22dance.com