

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	POLE	OPEN	POLE	OPEN	POLE	OPEN	POLE	OPEN	POLE	OPEN	POLE	OPEN	POLE	OPEN
8AM											STRENGTH & CONDITIONING	SPLITS		
9AM											LEVEL 6	TRIM & TONE	LEVEL 4	
10AM							LEVEL 1		POLE PRACTISE	TRIM & TONE	LEVEL 3	BACK & SHOULDERS	FLIPPING MAD POLE MOVES	
11AM							POLE PRACTISE	ABT	POLE PRACTISE	FITBALL	POLE PRACTISE		FLOORPLAY	
12PM							POLE PRACTISE	FITBALL			POLE PRACTISE			
1PM							POLE PRACTISE	SPLITS						
2PM														
3PM	POLE PRACTISE													
4PM	POLE PRACTISE		POLE PRACTISE	ABS & ARMS	POLE PRACTISE	ABT	POLE PRACTISE		POLE PRACTISE	FITBALL				
5PM	LEVEL 2		POLE TRIAL		FLOORPLAY		POLE PRACTISE	TRIM & TONE	LEVEL 1	BODYSCULPT				
6PM	SPINNING POLE COMBOS	BACK & SHOULDERS	LEVEL 4	SPLITS	LEVEL 7	SPLITS	LEVEL 1	KICKBOXING	POLE PRACTISE	ABT				
7PM	ELITE POLE	SPLITS	LEVEL 5	ABT	WICKED LOW FLOW	ABS & ARMS	LEVEL 6	SPLITS		SPLITS				
8PM	LEVEL 2		LEVEL 1	BODY SCULPT	BEGINNERS ACRO		FLIPPING MAD POLE MOVES	CARDIO						