

**POLE PHOENIX POLE DANCING CLASSES - EFFECTIVE 20TH JUNE 2022**

1 HOUR CLASSES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TERM DATES ( 8 WEEKS)
9.00AM	STUDIO 2						CORE CONDITIONING		TERM 1 4TH JAN - 27TH FEB
9.30AM	STUDIO 1		OPEN PRACTICE			STRETCH	KIDS POLENASTICS	OPEN PRACTICE	TERM 2 28TH FEB - 24TH APR
10.30AM	STUDIO 1		INTER 1 TRICKS			BEGINNER TRICKS	STRETCH		TERM 3 25TH APR - 19TH JUN
11.30AM	STUDIO 1						INTER 2 TRICKS		TERM 4 20TH JUN - 14TH AUG
12.30PM	STUDIO 1						OPEN PRACTICE		TERM 5 15TH AUG - 9TH OCT
1.30PM	STUDIO 1								TERM 6 10TH OCT - 4TH DEC
4.30PM	STUDIO 1		KIDS POLENASTICS						TERM 7 5TH DEC - 31ST DEC
5.30PM	STUDIO 1	STRETCH	BEGINNER TRICKS	INTER 2 TRICKS	INTER 1 TRICKS	OPEN PRACTICE			
6.30PM	STUDIO 1	ADVANCED TRICKS	HEELS LEVEL 2	INTER 1 TRICKS	STATIC POLE TRICKS	HEELS LEVEL 1		YOGA	
7.30PM	STUDIO 1	INTER 2 TRICKS	FLOW	BEGINNER TRICKS	INTER 3 TRICKS	INTER 2 COMBOS			
8.30PM	STUDIO 1	LEVEL 3 FLOORPLAY	INTER 3/ ADVANCED	POLE ROUTINE	BEGINNER TRICKS				
<b>INSTRUCTORS</b>									
	PRACTICE	KATRINA	RENEE	SARAH C	MADDY TB	SHADE	KELLY		

FUNCTIONAL PHOENIX HIIT CLASSES								
45 MINUTE CLASSES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	STUDIO 2	UPPER BODY	CARDIO	HIIT	LOWER BODY	FULL BODY		
9.00AM	STUDIO 2						CORE CONDITIONING	
9.30AM	STUDIO 2						BOOTCAMP	
	STUDIO 1					STRETCH		
10.30AM	STUDIO 1						STRETCH	
11.30AM	STUDIO 2							
12.30PM	STUDIO 2							
5.30PM	STUDIO 2	STRETCH						
6.30PM	STUDIO 2	UPPER BODY	CARDIO	KICK BOX BURNER	LOWER BODY			YOGA
INSTRUCTORS								
TRAINERS		RENEE	MADDY TB	JESS	KATRINA	KELLY		