

PENRITH

THURSDAY 27/12	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
5.30-6.30pm			HAMMOCK - Beg/L1 Kittyhawk
6.30-7.30pm		FILTHY POLE'OGRAPHY Bonny	LYRA - Open Level Kittyhawk
7.30-8.30pm		FILTHY POLE'OGRAPHY Bonny	SPLITS Kittyhawk

FRIDAY 28/12	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
5.30-6.30pm			LYRA 1 Cat
6.30-7.30pm		CONTEMPORARY Avril	LYRA Beginners Cat
7.30-8.30pm		Flex Avril	LYRA 2 Cat

SAT 29/12	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
10am-11am	BADASS BARRE Cynthia	STRADDLE SCHOOL Cat	
11am-12pm		FLIPS & SHIT Cat	HAMMOCK - Beg/L1 Cynthia
12pm-1pm		CONTORTION INTRO Cat	HAMMOCK - L2/3 Cynthia
1pm-2pm			
2pm-3pm			
3pm-4pm			

SUN 30/12	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
10am-11am			
11am-12pm			
12pm-1pm			
1pm-2pm			
2pm-3pm	SEXY FLOORWORK Bonny	BEG SPINS & COMBOS Rhi	
3pm-4pm	FLEX Bonny	CHAIR & LAP Rhi	

WED 2/1	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
5.30-6.30pm			AERIAL HAMMOCK - Beg/L1 Cynthia
6.30-7.30pm	BADASS BARRE Cynthia	BATS & HANGBACKS Hayley	
7.30-8.30pm	ALL ABOUT AYESHAS Cynthia	INT SPINS & COMBOS Hayley	
8.30-9.30pm	STATIC FLOW Cynthia		

THURS 3/1	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
5pm-6pm			
5.30-6.30pm		BEG POLE'OGRAPHY Rhi	SILKS - Beg/L1 Kittyhawk
6.30-7.30pm		BEG SPINS & COMBOS Rhi	LYRA - SPINS Kittyhawk
7.30-8.30pm		SPLITS Rhi	HAMMOCK - Beginners Kittyhawk

FRI 4/1	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
5.30-6.30pm		DOUBLES POLE TRICKS Avril	LYRA 1 Cat
6.30-7.30pm		DOUBLES ACRO Avril	LYRA Beginners Cat
7.30-8.30pm			LYRA 2 Cat

SAT 5/1	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
10am-11am	BADASS BARRE Cynthia	CHAIR & LAP Cat	
11am-12pm		STRENGTH TRICKS Cat	HAMMOCK - Beg/L1 Cynthia
12pm-1pm		POLE HANDSTANDS Cat	HAMMOCK - L2/3 Cynthia
1pm-2pm		CONTORTION INTRO Cat	

SUN 6/1	HEPBURN 10 POLES	BARDOT 10 POLES	MONROE 8 POLES/6 HAMMOCK/12 AERIAL
2pm-3pm	BEG POLE'OGRAPHY Rhi	INT/ADV TRICKS Hayley	TWERK'NIQUE Rere
3pm-4pm	FLEX Rhi	LINES & EXTENSIONS Hayley	TWERK'OGRAPHY Rere