

# Girls Love Fit

## Pole & Aerial Fitness



### April- May Timetable

ALL CLASSES ARE HELD AT

Vanessa Chilvers dance Studio, Stonehenge Road, Durrington, SP4 7WN

#### MONDAY

6:30-7:30pm	Flexibility- all levels	Studio 1	Charlotte
8:00-9:00pm	Aerial Hoop- Mixed Level	Studio 1	Charlotte
8:00-9:00pm	Open Pole- Mixed Level	Studio 1	Nicole

#### TUESDAY

6:30-7:30pm <i>*NEW CLASS*</i>	Class of The Term- ADULT BALLET	Studio 2	Charlotte
7:30-8:30pm	Core & Stretch	Studio 2	Charlotte
7:30-8:30pm	Aerial Hoop- Beginners	Studio 1	Nicole

#### WEDNESDAY

6:30-7:30pm <i>*NEW CLASS*</i>	Pole Fitness Beginners	Studio 1	Charlotte
7:30- 8:30pm	Pole Fitness Beg/Inter	Studio 1	Nicole
8:30-9:30	Flexibility- ALL LEVELS	Studio 2	Nicole
8:30-9:30pm	Pole Fitness Inter-Adv	Studio 1	Charlotte

#### THURSDAY

9:30-10:30am	Pole Fitness Beg/Int	Studio 1	Charlotte
10:30-11:30am	Flexibility	Studio 1	Charlotte

#### FRIDAY

4:15-5:15pm	Kids CIRCUS CLUB 7-16yrs	Studio 1	Charlotte
6:15-7:15pm	Pole Fitness Beginners	Studio 1	Nicole
7:15pm-8:15pm	Pole Fitness Intermediate	Studio 1	Charlotte

#### SUNDAY

2:00-4:00pm	Open Pole & Aerial Mixed Level	Studio 1	Nicole/Charlotte
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#### Pole & Aerial Events

21<sup>st</sup> May- Pole Theatre UK Road trip