November 2023

Class Schedule 2023

STUDIO Fly

**Supporting classes*

	WARE		HARLOW		STEVENAGE	
MONDAY	9:30 - 10:30	Hammocks open level				
	18:00 - 19:10	Pole level 7+	18:00 - 19:10	Hoop open level		
	18:00 - 18:45	*BootyBarre**	19:20 - 20:30	Pole level 1-4		
	19:10 - 20:20	Pole level 3-5	20:40 - 21:50	Trapeze open level		
	19:10 - 20:20	Silks level 1-2				
	20:20 - 21:20	*Flex flow**				
	20:30 - 21:40	Hoop open level				
TUESDAY	9:45 - 10:55	Hoop open level				
	18:00 - 19:10	Pole level 1-4	17:40 - 18:25	*Booty & Flex**	18:30 - 19:40	Hoop level 1-3
	18:00 - 19:10	Silks level 3-4	18:30 - 19:40	Pole level 4-6	19:50 - 21:00	Pole level 1-6
	19:10 - 20:20	Silks level 1-2	19:40 - 20:40	Pole level 1-3		
	19:10 - 20:20	Pole level 5-7				
	20:30 - 21:40	*Pole Choreography**				
WEDNESDAY	9:30 - 10:40	Silks open level				
	18:00 - 19:10	Hoop level 3-4	18:00 - 19.10	Pole open level		
	18:15 - 19:10	*Balance & Flex**	19:30 - 20:40	Silks open level	19:20 - 20:30	Hoop level 1-3
	19:10 - 20:20	Hoop level 1-2				
	19:10 - 20:20	Silks level 3-4				
	20:20 - 21:30	Pole level 2-4				
THURSDAY	18:00 - 19:10	Silks level 2-4	18:10 - 19.20	Hoop open level	19:15 - 20:25	Hoop open level
	18:00 - 19.10	Trapeze open level	19:30 - 20:30	Aerial Yoga		
	19:10 - 20:00	*Bootcamp & Flex**				
	19:10 - 20:20	Spin pole level 3+				
	20:20 - 21:30	Pole level 1-3				
FRIDAY			9:45 - 10.55	Pole open level		
	18:00 - 19:10	Hoop open level				
	19:20 - 20:30	Friyay sexy pole				
SATURDAY	10:30 - 11:40	Hoop open level	10:30 - 11:40	Pole level 1-4		
SUNDAY	9:00 - 10:00	Hammocks open level	10:45 - 11:55	Trapeze open level		
	10:15 - 11:25	Silks open level				