

SPIN CITY

JULY - AUGUST 2010 TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5-6pm Elite Pole Class Kate					
6-7pm Advanced Level 4 Cath 9 th August	6-7pm Adv Level 7/8 Kate 17 th August	6-7pm Level 3 Yvette 4 th August	6-7pm Level 3 Jess 19 th August	6-7pm Adv Pole Practice Varie	10-12pm Pole Practice Varie	10-12pm Pole Practice Jess
6-7pm Adv Level 7/8 Varie 9 th August	6-7pm Stretch and Relax George 3 rd August	6-7pm Beginners Level 1 Cath 25 th August	6-7pm Adv Level 2 Varie 5 th August	6-7pm Taster Session See website for details	Hen Parties See website for details	
7-8pm Level 4 Cath 16 th August	7-8pm Adv Level 4 Kat 17 th August	7-8pm Adv Level 2 Cath 18 th August	7-8pm Spinning Pole Advanced Kate P 29 th July			
7-8pm Adv Level 6 Varie 16 th August	7.15-8.15 Advanced Dance George 3 rd August	7-8pm Level 2 Serena 18 th August	7-8pm Adv Level 7/8 Varie 29 th July			
8-9pm Level 5 Varie 23 rd August	8.15-9.15 Intermediate Dance George 3 rd August	8-9pm Advanced Level 1 Cath 18 th August	7.30-8.30pm Level 2 Cath 5 th August *Fitness Hub, Portishead*			
8-9pm Burlesque Beginners Serena 2 nd August	8-9pm Level 4 Debbie 17 th August	8-9pm Spinning Pole Intermediate Kate P 28 th July	8-9pm Beginners Level 1 Jules 9 th September			
8-9pm Beginners Level 1 Cath 9 th August	8-9pm Level 2 Jane 10 th August * Nuffield, Clifton*	8-9pm Burlesque Advanced George 4 th August	8-9pm Spinning Pole Advanced Kate P 29 th July			
			8-9pm Level 2 Jane 26 th August * Nuffield, Clifton*			

