

SPIN CITY TIMETABLE  
1<sup>st</sup> January – 31<sup>st</sup> March 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
6-7pm	<b>Advanced Intermediate Pole</b> Varie 2 class credits	6.15-7.15pm <b>Aerial Hoop Beginners</b> Alex 2 class credits	<b>Intermediate Pole</b> Zoe 2 class credits	<b>Advanced Pole</b> Varie 2 class credits	<b>Pole Drills</b> Varie 1 class credit	10-12pm <b>Pole Practice</b> Varie/Zoe
6-7pm	<b>Beginners Pole</b> Cath 2 class credits	<b>Stretch and Relax</b> George 1 class credit	<b>Advanced Beginners Pole</b> Cath 2 class credits	<b>Spinning Pole</b> Kate P 1 class credit	<b>*Spin City Induction*</b> Zoe FREE OF CHARGE	12-6pm <b>Private Parties/Lessons</b> See website for details
7-8pm	<b>Advanced Pole</b> Varie 2 class credits	7.15-8.15pm <b>Aerial Hoop Beginners Progression</b> Alex 2 class credits	<b>Pilates</b> Cath 1 class credit	<b>Intermediate Pole</b> Kate P 2 class credits		
7-8pm	<b>Intermediate Pole</b> Cath 2 class credits	<b>Spin City Dance Troupe</b> George 1 class credit	<b>Beginners Pole</b> Zoe 2 class credits	<b>Elite Pole</b> Varie 2 class credits		
8-9pm	8.15-9.15pm <b>Aerial Hoop Intermediate</b> Alex 2 class credits	8.15-9.15pm <b>Aerial Hoop Intermediate</b> Alex 2 class credits	<b>Beginners Pole</b> Zoe 2 class credits	<b>Advanced Intermediate Pole</b> Varie 2 class credits		
8-9pm	<b>Zumba</b> Jane 1 class credit	Private Lessons Available	<b>Spin City Burlesque Troupe</b> George 1 class credit	<b>Spinning Pole</b> Kate P 1 class credit		