

SPIN CITY JULY 2010 TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5-6pm Elite Pole Class Kate					
6-7pm Advanced Level 3/4 Cath 12 th July	6-7pm Adv Level 7/8 Kate 20 th July	6-7pm Level 2 Yvette 7 th July	6-7pm Level 2 Jess 22 nd July	6-7pm Adv Pole Practice Varie	10-12pm Pole Practice Varie	10-12pm Pole Practice Jess
6-7pm Adv Level 7/8 Varie 12 th July	6-7pm Level 3 Serena 29 th June		6-7pm Adv Level 1 Varie 8 th July	6-7pm Taster Session See website for details	Hen Parties See website for details	
7-8pm Level 3 Cath 19 th July	7-8pm Adv Level 3 Kat 20 th July	7-8pm Adv Level 1 Cath 21 st July	7-8pm Spinning Pole Advanced Kate P 1 st July			
7-8pm Adv Level 5 Varie 19 th July	7.15-8.15 Advanced Dance George 29 th June	7-8pm Beginners Level 1 Serena 21 st July	7-8pm Adv Level 7/8 Varie 1 st July			
8-9pm Level 4 Varie 26 th July	8.15-9.15 Intermediate Dance George 29 th June	8-9pm Level 5 Cath 21 st July	7.30-8.30pm Beginners Cath 8 th July *Fitness Hub, Portishead*			
8-9pm Burlesque Beginners George 5 th July	8-9pm Level 3 Debbie 20 th July	8-9pm Spinning Pole Intermediate Kate P 30 th June	8-9pm Spinning Pole Advanced Kate P 1 st July			
	8-9pm Beginners Jane 13 th July * Nuffield, Clifton*	8-9pm Burlesque Advanced George 7 th July	8-9pm Beginners Jane 29 th July * Nuffield, Clifton*			