

In The Shadows - Class Timetable - November 2019

www.intheshadows.co.uk

Monday	8am - 7pm Available for Personal Training, Private Pole Classes and Parties		7pm - 8:10pm Beginners Pole Course See website for start dates	8:15pm - 9:25pm All Ability Pole Class
Tuesday	8am - 6pm Available for Personal Training, Private Pole Classes and Parties	6:00pm - 7:10pm All Ability Pole	7:15pm - 8:25pm All Ability Pole Class	8:30pm - 9:30pm Stretch Class
Wednesday	8am - 7pm Available for Personal Training, Private Pole Classes and Parties		7pm - 8:10pm All Ability Pole Class	
Thursday	8am - 6:30pm Available for Personal Training, Private Pole Classes and Parties		6:30pm - 7:40pm All Ability Pole Class	7:45pm - 8:45pm Aerial Hoop
Friday	8am - 10pm Available for Personal Training, Private Pole Classes and Parties			
Saturday	9am - 4pm Available for Personal Training, Private Pole Classes and Parties			
Sunday	10am - 4pm Available for Personal Training, Private Pole Classes and Parties			