

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11.00AM TO 12.15AM	MOVMEANT	Gyrokinesis	MOVMEANT	Gyrokinesis	YOGANCE
12.30AM TO 2.00PM	STATIC POLE Technique (combos, transitions & tricks)	SPINNING POLE Technique (combos, transitions & tricks)	STATIC POLE Technique (combos, transitions & tricks)	SPINNING POLE Technique (combos, transitions & tricks)	STATIC POLE Technique (combos, transitions & tricks)
2.00PM TO 3.15PM	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
3.15PM TO 4.15PM	Floor Movement	Low Pole Flow	Floor Movement	Contemporary Pole Choreography	Contemporary Pole Choreography
4.30PM TO 6.00PM	Creative Pole Research	Creative Pole Research	Pole Composition	Pole Composition	Movement Interpretation & Performing Skills