

| ROAR POLE FITNESS | TERM 6 - 21ST OCTOBER TO 22ND DECEMBER |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM - 10:30AM LEVEL 3	8:30AM - 9:30AM PRACTICE TIME		9:30AM - 10:30AM LEVEL 3 +	9:30AM - 10:30AM BEGINNER 1	8:00AM - 9:00AM LEVEL 2
10:30AM - 11:30AM LEVEL 4	9:30AM - 10:30AM PRACTICE TIME		10:30AM - 11:30AM STRETCH AND SPLITS	10:30AM - 11:30AM LEVEL 2	9:00AM - 10:00AM LEVEL 3
11:30AM - 12:30PM STRETCH AND SPLITS	10:30AM - 11:30AM PRACTICE TIME			11:30AM - 12:30PM LEVEL 1	10:00AM - 11:00AM LEVEL 3 +
				2:30PM - 3:30PM PRACTICE TIME	11:00AM - 12:00PM POLE CONDITIONING
5:00PM - 6:00PM LEVEL 1					12:00PM - 1:00PM LEVEL 1
6:00PM - 7:00PM LEVEL 3	5:30PM - 6:30PM LEVEL 5	5:30PM - 6:30PM BEGINNER 2	5:30PM - 6:30PM BEGINNER 1		1:00PM - 2:00PM BEGINNER 1
7:00PM - 8:00PM BEGINNER 1	6:30PM - 7:30PM STRETCH AND SPLITS	6:30PM - 7:30PM LEVEL 2	6:30PM - 7:30PM LEVEL 1		2:00PM - 3:00PM BEGINNER 2
8:00PM - 9:00PM BEGINNER 2	7:30PM - 8:30PM LEVEL 3 +	7:30PM - 8:30PM LEVEL 4	7:30PM - 8:30PM ULTIMATE		



ROAR FITNESS
POLE

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