

## POLE TWIST TIMETABLE

Please note the timetable is updated regularly so please keep checking for new dates or email me to book your course at [ricia@poletwist.co.uk](mailto:ricia@poletwist.co.uk)

Class	Time	Cost	Where	Day	Dates
<b>POLE CLASSES ARE NOW AVAILABLE IN SEVENOAKS - CONTACT RICIA FOR DETAILS</b>					
<b>Mixed Level Pole</b> (beginners welcome)	7.15 - 8.15	£60	Dance Junction Rochester	Monday	4 weeks - <a href="#">Ricia</a> (Tasters Available)
<b>Aerial Hoop</b> Improvers/Advanced	7.30 - 8.30	£75	Tigers Gymnastics Tonbridge	Tuesday	5 weeks - <a href="#">Ricia</a> (Tasters Available)
<b>Aerial Hoop</b> Beginners Only *	8.30 - 9.30	£36	Tigers Gymnastics Tonbridge	Tuesday	3 weeks - <a href="#">Ricia</a> (next course 30th Jan)
<b>Pole</b> Beginner/Improver	7pm - 8pm	£75	Sevenoaks	Thursday	5 weeks - <a href="#">Ricia</a>
<b>Pole</b> Advanced	8pm - 9pm	£75	Sevenoaks	Thursday	5 weeks - <a href="#">Ricia</a>
<b>Aerial cube</b> workshop	7.15 - 8.15 8.15 - 9.15	£20 Only 10 spaces	Tigers	Tuesday	50% deposit before class
* Improvers welcome					

**PRIVATE LESSONS AVAILABLE IN SEVENOAKS 1-2-1 = £30 Contact Ricia for Dates**