

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

Class	Time	Cost	Where	Day	Dates
POLE CLASSES ARE NOW AVAILABLE IN SEVENOAKS - CONTACT RICIA FOR DETAILS					
Mixed Level Pole (beginners welcome)	7.15 - 8.15	£75	Dance Junction Rochester	Monday	5 weeks - Ricia (Tasters Available)
Aerial Hoop Improvers/Advanced	7.20 - 8.20	£75	Tigers Gymnastics Tonbridge	Tuesday	5 weeks - Ricia (Tasters Available)
Aerial Hoop Beginners Only *	8.20 - 9.20	£40	Tigers Gymnastics Tonbridge	Tuesday	5 weeks - Ricia (Next Taster 22nd August)
Pole Beginner/Improver	7pm - 8pm	£75	Sevenoaks	Thursday	5 weeks - Ricia
Pole Advanced	8pm - 9pm	£75	Sevenoaks	Thursday	5 weeks - Ricia
Pole Mixed Level	10.15-11.15	£75	Sevenoaks	Saturday	PAYG
* Improvers welcome					

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