POLE ATTACK KIDS

TIMETABLE AND MAKE-UP CLASS INFORMATION

1. Please contact Helen on 07799424381 (studio number) on the day of the class to arrange your make-up.
2. All sessions must be made up within your term time unless you are continuing onto the next paid term.
3. Children's classes can cross discipline for make-up sessions.

Mondays

4.45pm Aerial Silks and Pole Gymnastics with Laura (Age 8-15)
5.30pm Aerial Silks with Laura (Age 8-15)

Tuesdays

4.45pm Aerial Hoop, Aerial Sling, Pole Gymnastics and Trapeze with Gita (Age 6-11)
5.30pm Aerial Hoop, Aerial Sling, Pole Gymnastics and Trapeze with Gita (Age 11-16)

Wednesdays

4.20pm Aerial Hoop, Aerial Sling and Trapeze with Gita (Age 6-11)
5.05pm Aerial Hoop, Aerial Sling and Trapeze with Gita (Age 11-16)

Thursdays

4.25pm Aerial Silks with Laura (Age 6-11)
5.10pm Aerial Silks with Laura (Age 11-16)

Fridays

4.40pm Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 6-11)
5.25pm Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 11-16)

Saturdays

10.30am Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 6-11)
11.15am Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 11-16)
12pm Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 6-11)
12.45pm Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 11-16)

Sundays

10.30am Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 6-11)
11.15am Aerial Hoop, Aerial Sling, Aerial Silks, Trapeze, Pole Gymnastics. Mixed Instructor Class. *Contact Helen for make-up requests.* (Age 11-16)