

## 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><br>(beginners welcome)                                    | 7.15 - 8.15     | £75          | Dance Junction<br>Rochester    | Monday   | 5 weeks - <a href="#">Ricia</a><br>(Tasters Available)        |
| <b>Aerial Hoop</b><br>Improvers/Advanced  | 7.30 - 8.30     | £75          | Tigers Gymnastics<br>Tonbridge | Tuesday  | 5 weeks - <a href="#">Ricia</a><br>(Tasters Available)        |
| <b>Aerial Hoop</b><br>Beginners Only *  | 8.30 - 9.30     | £36          | Tigers Gymnastics<br>Tonbridge | Tuesday  | 3 weeks - <a href="#">Ricia</a>                               |
| <b>Aerial Hoop</b><br>Intermediate  | 8.30-9.30       | £75          | Tigers                         | Tuesday  | 5 weeks - <a href="#">Ricia</a>                               |
| <b>Pole</b><br>Beginner/Improver  | 7pm - 8pm       | £75          | Sevenoaks                      | Thursday | 5 weeks - <a href="#">Ricia</a>                               |
| <b>Pole</b><br>Advanced   | 8pm - 9pm       | £75          | Sevenoaks                      | Thursday | 5 weeks - <a href="#">Ricia</a>                               |
| <b>Aerial Hoop</b><br>Kids only <a href="#">Age 10-16</a>                         | 6.30pm - 7.15pm | £48          | Tigers                         | Friday   | 4 week course)<br><a href="#">50% deposit to secure place</a> |
| <b>Aerial Hoop</b><br>Kids only <a href="#">Age 10-16</a>                         | 7.15pm - 8.15pm | £48          | Tigers                         | Friday   | 4 week course)<br><a href="#">50% deposit to secure place</a> |
| <b>Pole</b><br>Mixed level  | 9.45am          | £15 per week | Sevenoaks                      | Saturday | <a href="#">Ricia</a>   |
| * Improvers welcome   |                 |              |                                |          |   |
| <b>PRIVATE LESSONS AVAILABLE IN SEVENOAKS 1-2-1 = £30 Contact Ricia for Dates</b> |                 |              |                                |          |   |