



Inverted

CIRCUS & POLE FITNESS

CLASS TIMETABLE

SPRING 2017

Beginners Pole Dance (Upstairs Pole Room)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				12:00 – 1:00 Beginner Level 1		11:00 – 12:00 Beginner Level 1 Tricks
12:00 – 1:00 Beginner Level 1 Tricks		12:00 – 1:00 Open Session		1:05 – 2:05 Open Session		12:05 – 1:05 Open Session
5:45 – 6:45 Beginner Level 1 Tricks	5:30 – 6:30 Beginner Level 2 Routine	6:15 – 7:15 Beginner Level 1 Tricks	5:40 – 6:40 Intermediate Routine			
	6:35 – 7:35 Intermediate Routine	7:30 – 8:30 Beginner Level 2 Tricks	6:45 – 7:45 Intermediate Tricks			
7:00 – 8:00 Beginner Level 2 Routine	7:45 – 9:45 Flexibility <i>All Levels</i>	8:45 – 9:45 Open Session	7:50 – 8:50 Beginner Level 2 Tricks			

Intermediate & Advanced Pole Dance (Downstairs Pole Competition Area)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1:45 – 2:45 Advanced Routine
						3:00 – 5:00 Flexibility <i>All Levels</i>
7:00 – 8:00 Advanced Tricks						
8:05 – 9:05 Advanced Routine						

All Level Aerials (Downstairs Aerials Area)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 – 1:15 Aerial Yoga <i>All Levels</i>		12:15 – 1:15 Aerial Yoga <i>All Levels</i>				10:15 – 12:15 Aerial Silks & Trapeze Level 1
					1:00 – 3:00 Children's Aerials <i>ages 10+</i>	12:30 – 1:30 Hula Hoop Kids' Trapeze 12:30 – 2:00
					3:15 – 6:15 Aerials Open Training	3:00 – 5:00 Silks Level 2 <i>Beginner Progression</i>
5:45 – 6:55 Aerial Yoga <i>All Levels</i>		5:45 – 7:00 Aerial Yoga <i>All Levels</i>	6:00 – 8:00 Handbalancing <i>All Levels</i>	5:30 – 7:00 Aerial Hoop <i>All Levels</i>		5:15 – 7:15 Acrobalance Open Session
7:15 – 9:15 Acrobalance <i>All Levels</i>	6:15 – 9:15 Silks Level 3 <i>Intermediate</i>	7:15 – 9:15 Aerial Silks & Trapeze Level 1 <i>Beginners</i> 7:15 – 9:15 Aerials Open Session <i>Levels 2+</i>	6:45 – 8:15 Aerial Rope <i>Beginner Prog Upwards</i>	7:15 – 9:15 Trapeze Levels 2 & 3 <i>Beginner Prog & Intermediate</i>		7:30 – 9:00 Dance Fusion <i>All Levels</i>

All our classes have a **minimum of 3** people
If we don't reach the minimum, the class will be cancelled 24 hours in advance
and you will receive a full refund.

Bookings available on our website:
www.invertedaberdeen.com

Questions about the Timetable? Not Sure Which Level You Belong In?

Write us: invertedaberdeen@gmail.com // Facebook Us: Inverted Circus & Pole Fitness

We Look Forward to Seeing You Very Soon!!!