



**Inverted**

CIRCUS & POLE FITNESS

**CLASS TIMETABLE**

WINTER 2015 – SPRING 2016

**Beginners Pole Dance** (Upstairs Pole Room)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						10:00 – 11:00 Beginner Level 1 Tricks
		12:00 – 1:00 Student Open Session				
5:45 – 6:45 Beginner Level 1 Tricks	5:30 – 6:30 Beginner Level 2 Routine					
7:00 – 8:00 Beginner Level 2 Routine		6:45 – 7:45 Beginner Level 2 Tricks	6:15 – 7:15 Beginner Level 1 Tricks			
			7:30 – 8:30 Beginner Level 2 Routine			
			8:45 – 9:45 Student Open Session			

**Intermediate & Advanced Pole Dance** (Downstairs Pole Competition Area)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						3:00 – 5:00 Student Open Session
		5:30 – 6:30 Intermediate Routine		5:30 – 6:30 Intermediate Routine		
6:45 – 7:45 Intermediate Tricks	6:45 – 7:45 Intermediate Routine					
8:00 – 9:00 Advanced Routine						

## All Level Aerials (Downstairs Aerials Area)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					2:00 – 3:00 Children's Aerials	1:45 – 2:45 Hula Hoop (1 <sup>st</sup> & 3 <sup>rd</sup> Sunday)
					3:15 – 6:15 Student Open Training	3:00 – 5:00 Beginners Aerials 2
5:45 – 7:00 Aerial Yoga		5:45 – 7:00 Aerial Yoga		5:30 – 7:00 Aerial Hoop	6:30 – 9:30 Instructor Open Training	5:15 – 7: 15 Handbalancing
7:15 – 9:15 Acrobatics	6:00 – 9:00 Intermediate Silks	7:15 – 9:15 Beginners Aerials 1	7:00 – 10:00 Dance Society, AUSA	7:15 – 9:15 Intermediate Trapeze		

\*The dance classes are an external class run by the Dance Society of the Aberdeen University Student Association. In order to take part in this class, please write: [dance@abdn.ac.uk](mailto:dance@abdn.ac.uk)

## Upstairs Blue Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:00 – 9:00 Partner Stretch & Flexibility			

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Bookings available on our website:

[www.invertedaberdeen.com](http://www.invertedaberdeen.com)

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

Write us: [invertedaberdeen@gmail.com](mailto:invertedaberdeen@gmail.com) // Facebook Us: Inverted Circus & Pole Fitness

*We Look Forward to Seeing You Very Soon!!!*