



**Inverted**

CIRCUS & POLE FITNESS

**CLASS TIMETABLE**

SPRING 2018

## Upstairs Pole Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						11:00 – 12:00 Beginner Level 1&2
12:00 – 1:00 Beginner Level 1 Tricks		12:00 – 1:00 Open Session				12:05 – 1:05 Open Session
						3:45 – 5:45 Flexibility <i>All Levels</i>
5:45 – 6:45 Beginner Level 1	5:40 – 6:40 Intermediate Routine		5:40 – 6:40 Intermediate Routine			
7:00 – 8:00 Beginner Level 2		6:15 – 7:15 Beginner Level 1	6:45 – 7:45 Intermediate Tricks			
	6:50 – 8:50 Flexibility <i>All Levels</i>	7:30 – 8:30 Beginners Level 2	7:50 – 8:50 Beginner Levels 1&2			

## Downstairs Pole Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				12:00 – 1:00 Beginners Level 1		1:30 – 2:30 Advanced Routine
				1:05 – 2:05 Open Session		2:35 – 3:35 Advanced Tricks
7:00 – 8:00 Advanced Tricks						
8:05 – 9:05 Advanced Routine		7:15 – 8:15 Pole Open Session <i>Levels 2+</i>	7:15 – 8:15 Open Session			

## All Level Aerials (Downstairs Aerials Area)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 – 1:15 Aerial Yoga		12:15 – 1:15 Aerial Yoga	5:00 – 6:00 Strength & Conditioning <i>All Level</i>		1:30 – 2:30 Aerial Yoga	
					3:15 – 6:15 Aerials Open Session	12:30 – 1:30 Hula Hoop
5:40 – 6:50 Aerial Yoga	5:00 – 6:00 Bodyweight Skills <i>All Levels</i>	5:45 – 7:00 Aerial Yoga		5:30 – 7:00 Aerial Hoop <i>All Levels</i>		1:30 – 3:30 Aerial Silks <i>Level 1</i>
7:15 – 9:15 Aerial Rope <i>All Levels</i>	6:15 – 8:15 Aerial Silks <i>Beginner Progression &amp; Intermediate</i>	7:15 – 9:15 Aerial Silks <i>Beginners</i>	6:00 – 8:00 Handbalancing Open Session	5:30 – 8:30 Acrobalance Open Session		
7:15 – 9:15 Acrobalance <i>All Levels</i>	8:15 – 9:15 Aerial Open Session	7:15 – 9:15 Aerial Open Session <i>Levels 2+</i>	7:00 – 8:00 Performance Open Session <i>All Disciplines</i>	7:15 – 9:15 Trapeze <i>Beginners</i>  7:15 – 9:15 Trapeze <i>Open Session Beginner Progression &amp; Intermediate</i>		

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  
Call: 07835 027 160

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