



Inverted

CIRCUS & POLE FITNESS

CLASS TIMETABLE

WINTER 2019

Upstairs Pole Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						11:00 – 12:00 Beginner Level 1 Routine
						12:05 – 13:05 Open Session
17:45 – 18:45 Beginner Level 1 Routine			17:20-18:20 Beginners Level 2 (Routine)			15:45 – 17:45 Flexibility
19:00-20:00 Beginner level 2 (Routine)	18.30-19.30 Classique Pole Choreo	19:40 – 20:40 Beginner Level 1 Routine				
	19:35 – 20:35 Flexibility	20:40 – 21:40 Beginners Level 2 (Routine)	19:50 – 20:50 Beginner Level 1 (Routine)			

Downstairs Pole Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			17:40-18:40 Intermediate (Tricks)			
19:00 – 20:00 Advanced Tricks			18:45-19:5 Intermediate (Routine)			
20:05 – 21:05 Advanced Routine			20:15 – 21.15 Open Session			

All Level Aerials (Downstairs Aerials Area)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		12:15 – 13:15 Aerial Yoga			11:15-13:15 Aerial Open Session	
					13:30-14:30 Aerial Yoga	12:30 – 13:30 Hula Hoop
		17:45 – 19:00 Aerial Yoga		17:30 – 19:00 Aerial Hoop <i>All Levels</i>		
18:00 – 20:00 Aerial Rope Open Session <i>All Levels</i>	18:15 – 20:15 Aerial Silks <i>Beginner Progression & Intermediate</i>	19:15 – 21:15 Aerial Silks <i>Beginners</i>	18:00 – 20:00 Aerial/Acro Open Session	17:30 – 20:30 Acrobalance Open Session	18:00 – 20:00 Hand Balance	
19:15 – 21:15 Acrobalance <i>All Levels</i>	20:15 – 21:15 Open Session	19:15 – 21:15 Aerial Open Session <i>Levels 2+</i>		19:15 – 21:15 Trapeze <i>Beginners</i> 19:15 – 21:15 Trapeze <i>Open Session</i>		

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!!!