BLUSH dance

Adult class schedule

MONDAY

4pm - 5.30pm	Open Aerial Practice & private sessions
4pm - 6.30pm	Open Pole Practice & private sessions
6.30pm - 7.30pm	Amateur - Intermediate Aerial Hoop
6.30pm - 7.30pm	Intermediate Pole Fitness
7.30pm - 8.30pm	Intermediate Aerial Hoop
7.,30pm - 8.30pm	Advanced Pole Fitness
7.30pm - 8.30pm	Burlesque Fitness
8.30pm - 9.30pm	Heels Pole (all levels)
8.30pm - 9.30pm	Beginner Aerial Hoop
8.30pm - 9.30pm	Burlesque Fitness

WEDNESDAY

4pm - 5pm	Open Aerial Practice
4pm - 6.30pm	Open Pole Practice
6.30pm - 7.30pm	Advanced & Elite Aerial Hoop
6.30pm - 7.30pm	Amateur - Intermediate Pole Fitness
7.30pm - 8.30pm	Heels Pole (all levels)
7.30pm - 8.30pm	Amateur - Intermediate Pole Fitness
7.30pm - 8.30pm	Amateur- Intermediate Aerial Hoop
8.30pm - 9.30pm	Advanced & Elite Pole Fitness
8.30pm - 9.30pm	Intermediate Aerial Hoop

TUESDAY

4pm - 5.30pm	Open Aerial Practice & private sessions
4pm - 6.30pm	Open Pole Practice & private sessions
6.30pm - 7.30pm	Beginner - Amateur Pole Fitness
6.30pm - 7.30pm	Intermediate Aerial Hoop
7.30pm - 8.30pm	Intermediate Pole Fitness
7.,30pm - 8.30pm	Beginners-Amatuers Aerial Silks
8.30pm - 9.30pm	Advanced Pole Fitness Foundations
8.30pm - 9.30pm	Advanced Aerial Hoop Foundations

THURSDAY

6.25pm - 7.25pm	Intermediate Pole Fitness
7.30pm - 8.30pm	Intermediate Aerial Silks
7.30pm - 8.30pm	Beginner - Amateur Pole Fitness
8.30pm - 9.30pm	Advanced Aerial Silks
8.30pm - 9.30pm	Open Pole Practice

SATURDAY

9.30am - 10.30am	Intermediate Aerial Hoop
9.30am - 10.30am	Open Pole Practice
10.30am -11.30am	Open Pole Practice & Private Sessions

FOR MORE CLASS INFORMATION PLEASE VISIT

WWW.BLUSHDANCE.COM

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TO BOOK A FREE ADULT TASTER SESSION VISIT

BLUSHDANCE.COM/FREETASTER

Broadstone Mill Reddish Stockport SK5 7DL
07966794256 hello@blushdance.com