

Timetable Spring 2010

Beginners	Saturdays 10am	2 nd Jan - 20 th Feb	Bexley	£80
	Sunday 10am	16 th Jan - 6 th March	Bexley	£80
	Tuesday 7:30pm	Starting 5 th Jan	The Orange Tree	£8 p/w
Beginners +	Saturdays 11am	23 rd Jan - 13 th March	Bexley	£80
Flexibility	Sunday 11am	16 th Jan - 6 th March	Bexley	£60
	Saturdays 3pm	16 th Jan - 6 th March	Bexley	£60
Trim & Tone	Wednesday 10am	Starting 6 th Jan	The Orange Tree	£8 p/w
Improvers	Saturdays 1pm	16 th Jan - 6 th March	Bexley	£80
Intermediate	Saturdays 2pm	16 th Jan - 6 th March	Bexley	£80
Aerials	Saturdays 12pm	16 th Jan - 6 th March	Bexley	£80
Advanced	Sundays 12pm	30 th Jan - 20 th March	Bexley	£80

Beginners

The perfect introduction to pole dancing for fitness. Any age, shape, size and ability are welcome on this course, which covers a range of spins, choreography and basic pole climbing skills. (If you cannot commit to an 8 week course then try the beginners "drop in" class on a Tuesday night).

Beginners Plus

Follow on from our beginners course with some new spins and more challenging pole work. Participants must have completed the beginners course or attended a private assessment.

Flexibility

This class focuses on movement and stretching, using a combination of choreography and simple pole dance moves to improve your flexibility. Anyone can take part as you will all work to your own level. This is a great class to take before starting our beginners class if you are worried about your strength and flexibility.

Trim & Tone

Get fit, tone up muscles and target problem areas such as arms, legs, bums and tums. Anyone can join this class, it's a "drop in" so no need to book and you don't have to commit to a long course. We spend half of the lesson focusing on stretching and moving, and half of the lesson on strength building moves. If you've always fancied trying out pole dancing but not sure you're fit or strong enough this is the perfect class to get you started.

Aerials

This class concentrates on aerial tricks and climbs, working up from the basics to some more challenging moves. We will also work on combining moves and graceful dismounts. You should be able to invert (kick upside down) and sit comfortably on the pole to get the most out of this class.

Improvers, Improvers Plus, Intermediate, Intermediate Plus and Advanced

More spins, more climbs and more challenges! Participants must have completed the previous levels or attended a private assessment.