

	Monday 16 th DEC	Tuesday 17 th DEC	Wednesday 18 th DEC	Thursday 19 th DEC	Friday 20 th DEC	Saturday 21 st DEC	Sunday
AM	<p>Lyndal 9:30am Pole All Levels</p> <p>April 10:30am Lyra All Levels</p>				STUDIO CLOSED	Lyndal 8:30am Pole All Levels	
6:00pm	<p>Jess LYRA Pre Advance</p> <p>Dianne Stretch</p>	<p>Lyndal 5:30pm Fitness</p> <p>April Lyra Trending Tricks</p>	<p>April/Hayley Lyra Doubles</p>	<p>5PM Lyndal Pole All Levels</p> <p>Lyndal Pole All Levels</p>			
7:00pm	<p>Dianne FLEXY POLE (PRE2 & above) <u>Must do stretch</u></p> <p>Lyndal Pole All Levels</p>	<p>Leisha Lap Dance</p> <p>Lyndal Nemises Moves</p>	<p>Mikayla Floorwork</p> <p>Hayley Static pole</p>				
	Monday 23 rd DEC	Tuesday 24 th DEC	Wednesday 25 th DEC	Thursday 26 th DEC	Friday 27 th DEC	Saturday 28 th DEC	Sunday
6:30pm	<p>Andre's Tricks & Transitions (Pre 1 & above)</p>	STUDIO CLOSED	STUDIO CLOSED	STUDIO CLOSED	STUDIO CLOSED	Lyndal 8:30AM Pole All Levels	
7:30pm	<p>Andre's Floorwork / Choreo</p>						

	Monday 30 th DEC	Tuesday 31 st DEC	Wednesday 1 st JAN	Thursday 2 nd JAN	Friday 3 rd JAN	Saturday 4 th JAN	Sunday
6:30pm	<p>Amanda Chair</p> <p>Lyndal Pole All Levels</p>	STUDIO CLOSED	STUDIO CLOSED	STUDIO CLOSED	STUDIO CLOSED	Lyndal 8:30AM Pole All Levels	
7:30pm							
	Monday 6 th JAN	Tuesday 7 th JAN	Wednesday 8 th JAN	Thursday 9 th JAN	Friday 10 th JAN	Saturday 11 th JAN	Sunday
AM	<p>Lyndal 9:30am Pole All Levels</p> <p>April 10:30am Lyra All Levels</p>				STUDIO CLOSED	Lyndal 8:30 Pole All Levels	
6:00pm	<p>Lyndal MOVE IT!! Strength building combos to get you ready for Term 1</p>	<p>Lyndal 5:30pm Fitness</p> <p>April - Lyra Double Tab</p> <p>Amanda 6:30 Trending Tricks</p>	RACH Flex & Tone	<p>5PM Lyndal Pole All Levels</p> <p>Lyndal MOVE IT!!</p>			
7:00pm	Sassy Floorwork	April - Lyra Nemesis Moves	<p>Handstands Floor & pole</p> <p>Mikayla Heels</p>	<p>Lyndal Tumbles & Flips</p> <p>Bella Baby Doll Burlesque</p>			