

LUGLIO

LUN	MAR	MER	GIO	VEN	SAB	DOM
1	2	3	4	5	6	7
18.30 Combette Elaborate (Base e Base 2) 19.30 Flexy 20.30 Sexy Chair Choreo	18.30 Different Ways to Climb the Pole (Open Level) 19.30 Pole Tricks (Anticipazioni Base 2 e Ripasso Intermedio) 20.30 Combette Elaborate Intermedio					
8	9	10	11	12	13	14
18.30 Combette Elaborate (Base e Base 2) 19.30 Flexy 20.30 Sexy Chair Choreo	18.30 Splits on the Pole (Open Level) 19.30 Pole Tricks (Anticipazioni Base 2 e Ripasso Intermedio) 20.30 Combette Elaborate Intermedio	6.45 Hatha Yoga		18.00 Hatha Yoga 19.00 Spinning Flow Combo Intermedio 20.00 Spinning Flow Combo Base		
15	16	17	18	19	20	21
18.30 Combette Elaborate (Base e Base 2) 19.30 Flexy 20.30 Sexy Chair Choreo	18.30 Floorwork around the Pole (Open Level) 19.30 UpsideDown Tricks (Anticipazioni Base 2 e Ripasso Intermedio) 20.30 Fuori Programma (Intermedio)	6.45 Hatha Yoga		18.00 Hatha Yoga 19.00 Double Shapes Intermedio 20.00 Double Shapes Base		
22	23	24	25	26	27	28
18.30 Combette Elaborate (Base e Base 2) 19.30 Flexy 20.30 Sexy Chair Choreo	18.30 Pole Choreo (Open Level) 19.30 UpsideDown Tricks (Anticipazioni Base 2 e Ripasso Intermedio) 20.30 Fuori Programma (Intermedio)	6.45 Hatha Yoga		18.00 Acro-Yoga 19.00 Combo on Static Intermedio 20.00 Combo on Static Base		
29	30	31	01-ago	02-ago	03-ago	04-ago
		6.45 Hatha Yoga		18.00 Vertical on the Pole 19.00 Intermedio 1 20.00 Base 2		