

# ELEMENTS TINGALPA TIMETABLE | FROM AUGUST 25TH

COURSE	CASUAL	CASUAL PLUS	INTRO/BEGINNERS	OPEN PRACTISE
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## MONDAY

	AERIALS	POLE A	POLE B	ROOM
5pm	Teen Silks   Int/Ad [KYLIE]	Self Practise	Self Practise	Self Practise
6pm	Intro to SILKS [KYLIE]	POLE Trial		
7pm	Adult Silks   Int [KYLIE]	Intro to POLE		
8pm		Lyrical Dance		
		MICKY	DANA	

## TUESDAY

	AERIALS	POLE A	POLE B	ROOM
3:45pm	Tween Lyra			
4:45pm	Teen Lyra   Int	Self Practise	Self Practise	Self Practise
6pm	Intro to LYRA	Beg/Int Level		
7pm	Chains	5 week Choreo w/Tricks		
8pm	Chains in Heels Choreo			
	SARISA	LYNN TAN		

## WEDNESDAY

	AERIALS	POLE A	POLE B	ROOM
9:30am		POLE Tricks [Donna]		
10:30	HomeSchool Mixed Aerial			
6pm	SILKS   Adv	Intro to POLE		
7pm	LYRA   Int	Come Back Queens	POLE   LVL 5	
8pm	Corde Lisse / Rope	Chorey Expressions		
	TAMI STARTS 25TH	LIBBY	Erin	

## THURSDAY

	AERIALS	POLE A	POLE B	ROOM
3:45pm	Tween Mixed Aerials			
4:45pm	Teen Mixed Aerials			
6pm	AERIAL Trial	POLE   AdvPrep [5/6]		
7pm	LYRA   ADV	POLE   Adv [7]	Pole Straps	Burlesque [GERTIE]
8pm	Lyra Chorey	Hardstyle Choreo [AMY]		
	SARISA	RENEE	AMY	

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## FRIDAY

	AERIALS	POLE A	POLE B	ROOM
6pm		POLE TRIAL		
7pm		Sensual Dance		
8pm				
		KATIA		

## SATURDAY

	AERIALS	POLE A	POLE B	ROOM
9am	Tween Lyra	Open Practise		
10am	Teen Lyra			Stretch for SPLITS
11am	Youth Handstands			
12noon				
8pm				
	SIENA / DONNA			TRI

## SUNDAY

	AERIALS	POLE A	POLE B	ROOM
9am				
2pm	Intro to HAMMOCK		POLE Tricks [CHAR]	
3pm	HAMMOCK Int	POLE Trial		Handstands
4pm	Hammock Dance	Intro to POLE		Stretch
5pm	Self Practice	Dance		
	MONTANNA	MICKY		CHAR

Tween 7-11

Teen 12-16

Come Back Queens - you have done pole in the past and ready to come back this is the class for you until you progress into a level.