



PT · POLE · AERIAL

AJ FITNESS

— *Love your body for what it's capable of*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4.30PM KIDS HOOP& FABRICS</p> <p>5.30PM AERIAL FABRICS MIXED LEVEL</p> <p>6.30PM AERIAL HOOP MIXED LEVEL</p> <p>7.30PM POLE BEGINNERS</p> <p>8.30PM POLE UPPER & INTER</p>	<p>10.30AM POLE DAYTIME</p> <p>6.30PM BEGINNER COURSE (MSG FOR NEXT COURSE)</p> <p>7.30PM POLE INT & ADV</p> <p>8.30PM POLE BASEWORK & LOW FLOW</p> <p>8.30PM STRETCH FLEXIBILITY THROUGH FLOW</p>	<p>6.15PM POLE BEG & UPPERS</p> <p>7.30PM HOOP BEG & UPPERS</p> <p>7.30PM STRETCH THERAPY</p> <p>8.30PM ADV & ELITE POLE</p> <p>8.30PM OPEN POLE</p>	<p>7.15PM AERIAL HOOP MIXED LEVEL</p> <p>7.15PM POLE BEG & UPPERS</p> <p>8.20PM POLE INTERMEDIATE</p> <p>8.20PM OPEN POLE</p>
FRIDAY	SATURDAY	SUNDAY	MONTHLY
<p>10.30AM POLE DAYTIME</p> <p>10.30AM OPEN POLE</p>	<p>10.15AM FLOOR & FLOW</p> <p>10.15AM OPEN POLE</p> <p>11.20AM POLE MIXED LEVEL</p> <p>12.20PM POLE (MONTHLY) BENDY SPECIAL</p>	<p>9.00AM AERIAL YOGA YOGA IN HAMMOCKS</p> <p>10.30AM AERIAL HOOP MIXED LEVEL</p> <p>10.30AM HOOP (MONTHLY) CONDITIONING SPECIAL</p> <p>11.40AM POLE BEGINNERS & UPPERS</p> <p>10.30AM OPEN POLE</p> <p>11.40AM OPEN POLE</p>	<p>SEE MEMBERS GROUP & STUDIO NOTICE BOARD FOR MONTHLY EVENTS, MASTER CLASSES & WORKSHOPS</p>

SESSIONS ARE SUBJECT TO CHANGE - FOR AN ACCURATE WEEKLY VIEW SEE BOOKING SYSTEM. MINIMUM NUMBERS ARE REQUIRED FOR SESSIONS TO RUN. IF MINIMUM NUMBERS ARE NOT MET, THE CLASS MAY BE CANCELLED, IF THIS IS THE CASE, YOU WILL BE CONTACTED AND YOUR CLASS CREDIT RETURNED. MONTHLY SESSIONS WILL TYPICALLY RUN ON FIRST AND LAST WEEK, HOWEVER THIS MAY SOMETIMES CHANGE AND WILL BE SHOWN ON THE BOOKING SYSTEM. ALL CLASSES ARE PRE-BOOK AND PRE-PAY ONLY & STRICTLY NON REFUNDABLE. 121S ARE AVAILABLE THROUGHOUT THE DAY, SOME EVENING AND WEEKENDS SLOTS ARE ALSO AVAIBABLE, TO BOOK CONTACT INFO@AJFITNESS.CO.UK