

# Weekly Timetable

October 2021



For updates please see [www.wildworkouts.co.uk](http://www.wildworkouts.co.uk)

## Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>17:00-17:45</u></b> Kids Aerial Hoop	<b><u>17:00-17:45</u></b> Teens Aerial Hoop	<b><u>17:00-17:45</u></b> Trapeze kids	<b><u>17:00-17:45</u></b> Kids Aerial Silks	<b><u>10:00-11:00am</u></b> Baby Massage	<b><u>10:00-10:45am</u></b> Kids Aerial Hoop and Silks
<b><u>18:00-19:00</u></b> Booty Bands	<b><u>18:00-19:00</u></b> Hand stands	<b><u>18:00-19:00</u></b> Twerk	<b><u>18:00-19:00</u></b> Booty Bands	<b><u>12:30-13:30</u></b> PT Slot	<b><u>12:30-13:30</u></b> Dance
<b><u>19:00-20:00</u></b> Abs Blast	<b><u>19:00-20:00</u></b> Ropes/Straps/ Trapeze	<b><u>19:00-20:00</u></b> Bootcamp	<b><u>19:15-20:00</u></b> Stretch and Flexibility	<b><u>17:00-17:45</u></b> Kids Aerial Hoop and silks	

<b><u>20:15-21:15</u></b> Stretch and Flexibility	<b><u>20:15-21:15</u></b> 1:1 Pole/aerial/silks <a href="#">Bookable in studio</a>	<b><u>20:15-21:15</u></b> 1:1 Pole/aerial/silks <a href="#">Bookable in studio</a>	<b><u>20:15-21:15</u></b> 1:1 Pole/aerial/silks <a href="#">Bookable in studio</a>	<b><u>20:15-21:15</u></b> 1:1 Pole/aerial/silks <a href="#">Bookable in studio</a>	
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## Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>15:30-16:30</u></b> Aerial Yoga/stretch and flexibility/splits</p>	<p><b><u>17:00-18:00</u></b> Teen Pole</p>	<p><b><u>16:00-17:00</u></b> Open Pole (Hire a pole &amp; mat, no instructor)</p>	<p><b><u>16:00-16:45</u></b> Open Pole (Hire a pole &amp; mat, no instructor)</p>	<p><b><u>11:15-12:15</u></b> Bungee Fit</p>	<p><b><u>10:00-10:45</u></b> LBT</p>
<p><b><u>16:45-17:45</u></b> Bungee Fit</p>	<p><b><u>18:00-19:00</u></b> Zumba</p>	<p><b><u>17:00-18:00</u></b> Women's only workout</p>	<p><b><u>17:00-18:00</u></b> Pole Improvers</p>	<p><b><u>12:30-13:30</u></b> Private class/PT</p>	<p><b><u>11:15-12:00</u></b> Bungee Fit</p>
<p><b><u>18:00-19:00</u></b> Beginners-intermediates Pole</p>	<p><b><u>19:15-20:15</u></b> Heated Slow Flow Yoga</p>	<p><b><u>18:00-19:00</u></b> Beginners Pole</p>	<p><b><u>18:15-19:15</u></b> Hot Flow Yoga</p>	<p><b><u>17:00-18:00</u></b> Strength and Conditioning</p>	<p><b><u>12:15-13:15</u></b> Open level Aerial Hoop/Silks <i>*on completion of beginners course*</i></p>

<b><u>19:15-20:00</u></b> Fundamentals	<b><u>20:30-21:30</u></b> Beginners Pole	<b><u>19:00-20:00</u></b> Adults Aerial Hoops and Silks	<b><u>19:30-20:30</u></b> Bouncefit	<b><u>18:30-19:30</u></b> Advanced Pole	<b><u>13:30-14:30</u></b> Beginners Pole
<b><u>20:15-21:15</u></b> Advanced Aerial Hoop		<b><u>20:15-21:15</u></b> Intermediates/advanced		<b><u>19:45-20:45</u></b> Beginners to high intermediate Aerial Hoop	<b><u>14:45-15:45</u></b> Floor work/Heels
<p><b><u>16:00 Onwards on Saturday</u></b></p> <p>Studio hire:          -Hen Parties          -Birthday Parties          -Team Building          And          -Workshops</p> <p><i>(Room availability Saturdays after 16:00. Bookings to be booked in advanced of 2 months before event.72 Hour cancellation notice. If not booked for the parties or team building. Workshops and privates in place)</i></p>					