

### The Lodge At Bloomsburys Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
9.30-10.30 Pole Amour Intermediate	9.30-10.45am Pilates	9.30-10.30 Pole Amour Advance	9.30-10.30 Yoga	9.30-10.30 Pole Amour Intermediate
10.30-11.30 Pole Amour Private	11.15-12.30pm Pilates	10.30-11.30am Pole Amour Intermediate		10.30-11.30 Pole Amour Private
4.00-5.00pm Feet Beats Academy Street commercial age 9-13	4.00-4.45pm Feet Beats Academy Street Commercial 4-7 yrs	11.30-12.30 Pole Amour Beginners	4.00-4.45pm Feet Beats Academy Musical Theatre 5-10y	
5.00-6.00pm Feet Beats Academy Senior Pom Formation 9-18y	4.45-5.15pm Feet Beats Academy Pom formation Jun 5-9y	5.45-6.45 Private dance or pole	4.45-5.30pm Feet Beats Academy Contemp/Lyrical 5-10y	
6.10-7.10PM Pilates	5.15-6.15pm Feet Beats Academy Street Commercial 7-10yrs	7.00-8.00pm Pole Amour Intermediate	5.30-6.30pm Feet Beats Academy Contemp/ Lyrical 10-18y	
7.15-8.30pm Pilates	6.15-7.15pm Feet Beats Academy Street Commercial 13-18y	8.00-9.00pm Pole Amour Advance	6.30-7.20pm Feet Beats Academy Musical Theatre 10-18y	
	7.30-8.30pm Dancersize Dance aerobics & Ab attack		7.30-8.30pm Pole Amour Beginners	

To Book a class please contact the instructor- none of the classes are drop in, which is why you need to book via the instructor;

Pole Amour : Amy 07807852504 [Feetbeats@hotmail.co.uk](mailto:Feetbeats@hotmail.co.uk) or Via Facebook/PoleAMour or Instagram PoleAmourKent

Feet Beats Academy: Amy 07807852504 Feetbeats@ hotmail.co.uk or via Facebook/FeetBeatsAcademy or Instagram Amy\_foot\_beats.x

Pilates: Liz - 07958708874 [Lizsims.pilates@gmail.com](mailto:Lizsims.pilates@gmail.com)

Yoga: Keighley - 07765221374 [keighleyhawkins@yahoo.co.uk](mailto:keighleyhawkins@yahoo.co.uk)