

TIME TABLE

MONDAYS

Kids/ Teen Aerial and Pole Fitness 6.15pm Twdall Hall Gillingham (TBC)
Adult Pole Fitness 730pm Twdall Hall Gillingham (TBC)

TUESDAYS

6pm – 640pm Kids Aerial (age 6+) Tonbridge Rugby Club
640pm -730pm Teen Aerial (age 11+) Tonbridge Rugby Club
730pm – 830pm Adult Hoop (age 16+ all levels) Tonbridge Rugby Club

THURSDAYS

7pm – 745pm Pole Fitness (adult Beg/improver) Sevenoaks
745pm – 845pm Pole Fitness (adult imp/advanced) Sevenoaks

PRICES

Mondays and Tuesdays courses paid in 5 to 6 week blocks (starting from £60 - £90)
Thursdays PAYG £15 a week

POLE PRICES

Group £15
1-2-1 £35
2-2-1 £46

Missed Classes

Missed classes are non refundable and cannot be made up