



# Tease Week 9th-11th March

Please see below our schedule for Tease Week.

## Tuesday 9<sup>th</sup> March

### 6.00-8.00PM PANTERA Intermediate Workshop

Learn tricks from this world famous Pole Diva!

**\$110**

### 6.00-7.30PM Taste Teaser

Get a little taste of everything Pole Divas has to offer!

**\$35**

### 7.30-9.00PM Pole Mash

A mix of Pole Flex, Pole Moves and Pole Classique!

**\$35**

### 8.15-10.15PM PANTERA Advanced Workshop

Learn tricks from this world famous Pole Diva!

**\$110**

## Wednesday 10th March

### 6.15-7.15PM PANTERA Open Pole Power

An hour of power with Pantera! Open to all levels

**\$60**

### 6.30-7.30PM Pole Flex

Flexibility class to help improve extensions and lines

**\$25/\$20 for current Pole Divas Students**

### 7.30-9.30PM Striptease/Lapdancing Workshop

Show off you inner diva with this sexy workshop

**\$45/\$35 for current Pole Divas Students**

### 7.30-9.30PM PANTERA Open Spin Class

Learn spin tricks with Pantera. Open to all levels

**\$110**

## Thursday 11th March

### 6.00-7.00PM Advanced Pole Moves

Learn sensual moves and routines

**\$30/\$25 for current Pole Divas students**

### 6.00-7.00PM Introduction to Spin

The perfect introduction for anyone who wants to try the spinning poles.

**\$30/\$25 for current Pole Divas students**

### 7.00-8.00PM Polesations

Introduction to beginners pole casual class

**\$30/\$25 for current Pole Divas students**

### 7.00-8.00PM Pole Power Spin

Strengthening and conditioning class using spinning poles.

**\$25/\$20 for current Pole Divas students**

### 8.00-9.30PM Pole Power/Pole Flex Class

A combination class of Pole Power exercises and Pole Flex stretched

**\$35**

Make sure to contact reception to book your spot!



Charity Girls Night Out for the Lost Dogs Home!

Thursday 11th March 8-9.30pm



Pole Divas will donate \$10 from every ticket purchased PLUS all proceeds from raffles held on the night. 10% of ALL merchandise sales made on the night will also be donated. Book in and help save a dog today!