

TERM 3 TIMETABLE

Monday 13th May - Sunday 7th July 2019

STUDIO A

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY |
|----------|---|---|--|--|--------------------------------|-------|--|
| 9:30 AM | | BEGINNER STATIC 8 Week Course Kristy | | | | 9 AM | CORE CONDITIONING Casual Class Kristy |
| 10:30 AM | | INTERMEDIATE STATIC 8 Week Course Kristy | | | | 10 AM | BEGINNER STATIC 8 Week Course Kristy |
| 11:30 AM | | POLE CONDITIONING Casual Class Kristy | | | | 11 AM | INTERMEDIATE STATIC 8 Week Course Kristy |
| 3:30 PM | PRACTICE TIME | | | | | 12 PM | ADVANCED 2 STATIC 8 week course Kristy |
| 5:30 PM | BEGINNER STATIC 8 Week Course Dee Dee | BOOTY/RUSSIAN FLOW 4 wk Courses Starts 13/5 & 10/6 Dee Dee | PRACTICE TIME | POLE CONDITIONING Casual Class Kristy | | 1 PM | INTERMEDIATE SPIN 8 Week Course Kristy |
| 6:30 PM | POLE MOVES Casual Class Dee Dee | BEGINNER SPIN 8 Week Course Dee Dee | ADVANCED STATIC 8 Week Course Mich | INTERMEDIATE STATIC 8 Week Course Kristy | | 2 PM | |
| 7:30 PM | BEGINNER STATIC 8 Week Course Dee Dee | BEGINNER STATIC 8 Week Course Alicia | BEGINNER SPIN 8 Week Course Mich | ADVANCED 3 SPIN 8 Week Course Kristy | FLY GYM Casual Class Nik | | |
| 8:30 PM | FLY GYM Casual Class Kristy | INTERMEDIATE SPIN 8 Week Course Alicia | ADVANCED 2 SPIN 8 Week Course Mich | BEGINNER STATIC 8 Week Course Kristy | | | |

STUDIO B

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY |
|----------|---|--|--|--|--------|--|-----------------------------------|
| 9:30 AM | | | | | | | PRACTICE TIME 9:30am - 12:30pm |
| 10:30 AM | | PRACTICE TIME 9:30am - 10:30am | | | | | |
| 11:30 AM | | | | | | | |
| 3:30 PM | | | | | | | |
| 5:30 PM | CORE CONDITIONING Casual Class Kristy | PRACTICE TIME 3:30pm - 6:30pm | | PRACTICE TIME 3:30pm - 6:30pm | | | |
| 6:30 PM | ADVANCED STATIC 8 week course Kristy | OPEN PRIVATE Casual Class Kristy | INTERMEDIATE STATIC 8 Week Course Alicia | INTERMEDIATE SPIN 8 Week Course Mich | | | |
| 7:30 PM | ADVANCED 2 STATIC 8 week course Kristy | ADVANCED 3 STATIC 8 Week Course Kristy | POLE MOVES Casual Class Alicia | ADVANCED SPIN 8 Week Course Mich | | | |
| 8:30 PM | INTERMEDIATE STATIC 8 Week Course Dee Dee | ELITE STATIC 8 Week Course Kristy | BEGINNER STATIC 8 Week Course Nik | PRACTICE TIME | | | |

AVAILABLE MIN \$50 SPEND

** Concession rate applies for students,
weekday morning classes as marked**

(Must show student ID). All classes subject to change.

TERM 3 TIMETABLE

Monday 13th May - Sunday 7th July 2019

STUDIO C

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY |
|----------|----------------------------------|--|---|--|--------|-------|--|
| 9:30 AM | | PRACTICE TIME 9:30am - 10:30am | | | | | |
| 10:30 AM | | | | | | 10 AM | BEGINNER LYRA 8 Week Course Amelia |
| 11:30 AM | | | | | | 11 AM | INTERMEDIATE LYRA 8 Week Course Amelia |
| 3:30 PM | | PRACTICE TIME 3:30pm - 6:30pm | PRACTICE TIME 3:30pm - 6:30pm | | | 12 PM | STRETCH TECHNIQUE Casual Class Amelia |
| 5:30 PM | PRACTICE TIME 3:30pm - 7:30pm | | | | | | 1 PM |
| 6:30 PM | | LYRA BASICS Casual Class Risako | INTERMEDIATE LYRA 8 Week Course Risako | BEGINNER LYRA 8 Week Course Risako | | | |
| 7:30 PM | | BEGINNER LYRA 8 Week Course Risako | ADVANCED PREP LYRA 8 Week Course Risako | INTERMEDIATE LYRA 8 Week Course Risako | | | |
| 8:30 PM | | INTERMEDIATE LYRA 8 Week Course Risako | BEGINNER LYRA 8 Week Course Risako | STRETCH TECHNIQUE Casual Class Risako | | | |

COURSES

| | |
|---------------------|---|
| 8-week course | \$230 |
| Extra 8-week course | \$180 (within the same term) |
| 12-month membership | \$57.50/fortnight (see reception for details) |
| 4-week course | \$115 |
| Student discount | \$190 |

PACKAGES *MOST POPULAR*

| | |
|-------------------------|---|
| Pole OR Lyra Goals Pack | \$450 = 2x Courses + Unlimited Practice Time |
| Complete Package | \$420 - 1x Course + 1x Casual Class + Unlimited Prac Time |
| Competition Coaching P | \$450 - speak with your Desk Divas for further |

CASUAL CLASSES

| | |
|---------------------------------|---|
| Intro offer (new students only) | \$50 for 5 casual classes (valid for 28 Days starting from first visit) |
| 1 Casual Class | \$30 |
| 5X Casual Class Pass | \$125 *SAVE \$25* (valid for 3 months) |
| 10x Class Pass | \$220 *SAVE \$80* (valid for 4 months) |
| 20x Class Pass | \$400 *SAVE \$200* (valid for 6 months) |

WORKSHOPS

| | |
|-------------|------|
| All members | \$45 |
|-------------|------|

PRACTICE TIME

| | |
|-------------------|----------------------------|
| Course Member | \$10 or \$80 for full term |
| Non-Course Member | \$20 |

WORKSHOPS

Character and Stage Presence with Raelene
Saturday 25 May 2:30 pm - 4:00 pm

It's Britney B*tch with Mich
Sunday 26 May 10 am to 11:30 am

Aerial Dance with Raelene
Sunday 2 June 2:30 pm - 4:00 pm

Double Trouble Lyra with Shannon and Mel
Sunday 23 June 2:30 pm - 4:00 pm

Fly Gym Stradde Sessions
Saturday 29 June 2:30 pm - 4:00 pm

Michka's Free Flow Workshop
Saturday 6 July 2:30 pm - 4:00 pm

AVAILABLE MIN \$50 SPEND

** Concession rate applies for students, weekday morning classes as marked**

(Must show student ID). All classes subject to change.

TERM 3 TIMETABLE

Monday 13th May - Sunday 7th July 2019

AVAILABLE MIN \$50 SPEND
** Concession rate applies for students,
weekday morning classes as marked**
(Must show student ID). All classes subject to change.