

# TERM 6 TIMETABLE

Monday 22nd October - Sunday 16 December 2018

## STUDIO A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
9:30 AM		<b>BEGINNER STATIC</b> 8 Week Course Kristy					
10:30 AM		<b>INTERMEDIATE STATIC</b> 8 Week Course Kristy				10 AM	<b>BEGINNER STATIC</b> 8 Week Course Kristy
11:30 AM		<b>INTERMEDIATE SPIN</b> 8 Week Course Kristy				11 AM	<b>INTERMEDIATE STATIC</b> 8 Week Course Kristy
3:30 PM	<b>PRACTICE TIME</b>		<b>PRACTICE TIME</b> 3:30pm - 6:30pm			12 PM	<b>ADVANCED STATIC</b> 8 week course Kristy
5:30 PM	<b>BEGINNER STATIC</b> 8 Week Course Dee Dee	<b>INTERMEDIATE STATIC</b> 8 Week Course Dee Dee		<b>POLE CONDITIONING</b> Casual Class Kristy		1 PM	<b>INTERMEDIATE SPIN</b> 8 Week Course Kristy
6:30 PM	<b>POLE MOVES</b> Casual Class Dee Dee	<b>BEGINNER SPIN</b> 8 Week Course Dee Dee	<b>INTERMEDIATE STATIC</b> 8 Week Course Mich	<b>ADVANCED 2 SPIN</b> 8 Week Course Kristy		2 PM	<b>INVERSION THERAPY</b> 4 Week Course START 27.10.18 <b>POLE ACRO &amp; HANDSTANDS</b> 4 Week Course START 24.11.18 Kristy
7:30 PM	<b>BEGINNER STATIC</b> 8 Week Course Dee Dee	<b>BEGINNER STATIC</b> 8 Week Course Dee Dee	<b>BEGINNER SPIN</b> 8 Week Course Mich	<b>INTERMEDIATE STATIC</b> 8 Week Course Kristy			
8:30 PM	<b>FLY GYM</b> Casual Class Kristy	<b>RUSSIAN FLOW</b> 4 wk Course START 23.10.18 <b>EXOTIC CHAIR</b> 4 Wk Course START 20.11.18 Dee Dee	<b>SHOWTIME</b> 8 Week Course Mich	<b>BEGINNER STATIC</b> 8 Week Course Kristy			

## STUDIO B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
9:30 AM		<b>PRACTICE TIME must arrive at 9:30 am</b>				9:30	<b>PRACTICE TIME</b> 9:30am - 12:30pm
3:30 PM				<b>PRACTICE TIME</b> 3:30pm - 6:30pm		11:30	
5:30 PM	<b>CORE CONDITIONING</b> Casual Class Kristy	<b>OPEN PRIVATE</b> Casual Class Kristy					
6:30 PM	<b>ADVANCED STATIC</b> 8 week course Kristy	<b>POLE ACRO &amp; HANDSTANDS</b> 4 Week Course START 23.10.18 <b>INVERSION THERAPY</b> 4 Week Course START 20.11.18 Kristy	<b>POLE MOVES</b> Casual Class TBC	<b>INTERMEDIATE SPIN</b> 8 Week Course Mich			
7:30 PM	<b>ADVANCED 3 STATIC</b> 8 week course Kristy	<b>ADVANCED 2 STATIC</b> 8 Week Course Kristy	<b>BEGINNER STATIC</b> 8 Week Course TBC	<b>ADVANCED SPIN</b> 8 Week Course Mich			
8:30 PM	<b>INTERMEDIATE STATIC</b> 8 Week Course Dee Dee	<b>ELITE STATIC</b> 8 Week Course Kristy	<b>STRETCH TECHNIQUE</b> Casual Class TBC	<b>FLEX &amp; FLOW</b> Casual Class Mich			



AVAILABLE MIN \$50 SPEND

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

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



**POLE DIVAS**  
POLE FITNESS

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COURSES	
8-week course	\$230
Additional 8-week course	\$180 (within the same term)
12-month membership	\$57.50/fortnight (see reception for details)
4-week course	\$115
Student discount course price	\$190
PACKAGES *MOST POPULAR*	
	Pole Goals Package \$450 - 2x Courses + Unlimited Practice Time
	Complete Package \$420 - 1x Course + 1x Casual Class + Unlimited Practice Time
	Competition Coaching Package \$450 - speak with your Desk Divas for further info
CASUAL CLASSES	
Introductory offer (new students only)	\$50 for 5 casual classes (valid for 14 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/\$50
PRACTICE TIME	
Course Member	\$10 or \$80 for full term
Non-Course Member Price	\$20

## WORKSHOPS

<p><b>Russian Flow Workshop with Dee Dee</b> 1.5 Hours - \$45</p>	<p><b>Sat 10 November</b> 2.00 - 3:30 pm</p>	<p>Inspired by the Russian exotic style that has mesmerised the pole world, this is your chance to get your Russian Flow on - Divas style! Learn the art of isolating the body and legs in different variations, dynamic floor transitions and heel banging accents while dancing your cardio! Strap your highest heels on, let your hair down and slip on those knee pads - Russian Flow has come to Divas! Suitable for all levels!</p>
<p><b>Booty Workshop with Dee Dee</b> 1.5 Hours - \$45</p>	<p><b>Sat 10 November</b> 3.30 - 5.00pm</p>	<p>This workshop is all about the booty! Work your booty around the pole whilst learning all the booty shaking and popping moves including Bootay floor work, and put it all into a booty-licious routine. Learn the famous booty butt dance and get technique tips for booty rolls and hip isolations. This workshop is a great workout for the booty and legs, and you learn a new routine in each workshop.</p>
<p><b>Beyonslay with Mich</b> 1.5 Hours - \$45</p>	<p><b>Sun 18 November</b> 11.00 - 12.30pm <b>and Sun 25 November</b> 11:00 - 12:30</p>	<p>The time has come, to unleash your inner Beyonce to the world! Fall dangerously in love with this workshop where you will learn a fully choreographed Beyonce inspired routine. Learn how to isolate your hips, booty pop and even body roll like there ain't no tomorrow. Wear your 6 inch heels or even your 8 inch in our new dance based workshop where you will even warm up to the sounds of Queen Bey herself. Not just for the single ladies, Beyon-SLAY is workshop suitable for all levels.</p>
<p><b>Contemporary Pole Flow with Mich</b> 1.5 Hours - \$45</p>	<p><b>Sun 18 November</b> 12:30 - 2:00 pm</p>	<p>Get in touch with the deepest of heels! This workshop focuses heavily on musicality and fluidity through movement, learn how to dance with intent as you express yourself through a choreographed emotive routine that is designed to bring together the elegance of lyrical movements and the strength of pole. Gain the ability to create powerful, emotional captivating routines from your experienced dance instructor. Suitable for all levels.</p>
<p><b>Fly Gym Stradle Sesions with Kristy</b> 1.5 Hours - \$45</p>	<p><b>Sat 24 November</b> 3.30 - 5.00pm</p>	<p>The ever-popular Straddle Sessions has now been redesigned for Fly Gym! Supported in the Fly Gym, you will be able to more easily isolate the correct muscles to strengthen and engage the core, back, hip flexors, arms and legs. Fly Gym Straddle Sessions will have you working on lifting into straddles without twisting the body. Perfect for practicing front straddles, back pull up dead lifts and (lyra) straddle mounts. Open to all levels.</p>
<p><b>Beginner Static Intensive with Kristy</b> 1.5 Hours - \$45</p>	<p><b>Sun 16 December</b> 10.30 - 12.00pm</p>	<p>These intense pole workshops are designed to help students improve on tricks in their current course and get ready for the next level. Over 1.5 hours your instructor will revise tricks from your level to help you nail them with confidence! Perfect for anyone who is struggling with a move or two and wants to move up, or students who are coming back to pole dancing.</p>



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