

# TERM 6 TIMETABLE

Monday 22nd October - Sunday 16th December 2018

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	MORNING MADNESS 6 Week Course 22/10 Stace		MORNING MADNESS 6 Week Course 22/10 Stace		MORNING MADNESS 6 Week Course 22/10 Stace	
9:00 AM						INTERMEDIATE STATIC 8 Week Course Mischka
10:00 AM						ADVANCED 3 STATIC 8 Week Course Mischka
11:00 AM					POLE MOVES 26/10 SEXY FLOOR FLOW 23/11 4 Week Courses Mischka	VARIOUS WORKSHOPS SEE BELOW
12:00 PM					STRETCH TECHNIQUE Casual Class Mischka	
3:30 PM	PRACTICE TIME 3:30 - 5:30PM	PRACTICE TIME 3:30 - 5:30PM	PRACTICE TIME 3:30 - 5:30PM	PRACTICE TIME 3:30 - 5:30PM	PRACTICE TIME 1-6PM	1-3pm COMMERCIAL DANCE PARTY WITH TMAC 4 week 17/11
5:30 PM	FLY GYM Casual Class Mischka	ADVANCED 2 STATIC 8 Week Course Mischka	EXOTICA 24/10 CONTEMPORARY PF 21/11 4 Week Courses Filly	FLEX & FLOW Casual Class Filly		
6:30 PM	ADVANCED STATIC 8 Week Course Mischka	ELITE STATIC 8 Week Course Filly	ADVANCED 2 SPIN 8 Week Course Filly	ADVANCED 1 SPIN 8 Week Course Filly		
7:30 PM	BEGINNER STATIC 8 Week Course Stace	ADVANCED 3 STATIC 8 Week Course Filly	BEGINNER SPIN 8 Week Course Pip	BEGINNER STATIC 8 Week Course Stace		
8:30 PM	BEGINNER SPIN 8 Week Course Stace	RUSSIAN FLOW 8 week course Miss Filly	ELITE SPIN 8 Week Course Filly	EXOTICA 8 Week Course Filly		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						PRACTICE TIME 9-11AM
10:00 AM					* BEGINNER STATIC 8 Week Course Lorien	
11:00 AM					** BEGINNER SPIN 8 Week Course Lorien	DANCE CONDITIONING Casual Class Various
12:00 PM						POLE MOVES Casual Class Various
5:30 PM	INTERMEDIATE STATIC 8 Week Course Stace	BEGINNER SPIN 8 Week Course Lorien	INTERMEDIATE SPIN 8 Week Course Pip	ADVANCED STATIC 8 Week Course Stace		
6:30 PM	POLE CONDITIONING Casual Class Stace	POLE MOVES - SPIN Casual Class Lorien	INTERMEDIATE STATIC 8 Week Course Pip	CORE CONDITIONING Casual Class Stace		
7:30 PM	ADVANCED 2 STATIC 8 Week Course Mischka	STRETCH TECHNIQUE Casual Class Lorien	ELITE STATIC 8 Week Course Filly	ADVANCED 3 SPIN 8 Week Course Filly		
8:30 PM	INTERMEDIATE SPIN 8 Week Course Mischka	BEGINNER STATIC 8 Week Course Lorien	BEGINNER STATIC 8 Week Course Pip	BEGINNER SPIN 8 Week Course Stace		



**POLE DIVAS**  
POLE FITNESS

To book call 03 9078 3731



AVAILABLE MIN \$50 SPEND

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

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

# TERM 6 TIMETABLE

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## STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 PM	<b>BEGINNER STATIC</b> 8 Week Course TBA	ADVANCED 2 SPIN 8 Week Course Filly	MISCHKA PRIVATE LESSONS AVAILABLE	MISCHKA PRIVATE LESSONS AVAILABLE		
6:30 PM	<b>BEGINNER STATIC</b> 8 Week Course TBA	INTERMEDIATE SPIN 8 Week Course Mischka	<b>INVERSION THERAPY</b> 24/10 POLE ACRO 21/11 4 Week Courses Mischka	MISCHKA PRIVATE LESSONS AVAILABLE		
7:30 PM	PRACTICE TIME 7:30 - 8:30PM	INTERMEDIATE STATIC 8 Week Course Mischka	ADVANCED 1 SPIN 8 Week Course Mischka	PRACTICE TIME 7:30 - 8:30PM		
8:30 PM	PRACTICE TIME 8:30 - 9:30PM	OPEN PRIVATE Casual Class Mischka	POLE CONDITIONING Casual Class Mischka	PRACTICE TIME 8:30 - 9:30PM		

### COURSES

8-week course	\$240
Additional 8-week course	\$190 (within the same term)
12-month membership	\$60/fortnight (see reception for details)
4-week course	\$120
Student discount course price **	\$200
Morning Madness 6 week course	\$400

### PACKAGES \*MOST POPULAR\*

Pole Goals Package \$450 = 2x Courses + Unlimited Practice Time	
Complete Package \$420 = 1x Course + 1x Casual class + Unlimited Practice Time	

### CASUAL CLASSES

Introductory offer (new students only)	\$50 for 5 casual classes (valid for 14 Days starting from first visit)
1x Casual Class	\$30
5x Class Pass 3 month expiry	\$125 (save \$25)
10x Class Pass 4 month expiry	\$220 (save \$80)
20x Class Pass 6 month expiry	\$400 (save \$200)

### WORKSHOPS

1.5 hours	\$45/\$50 (signature workshops)
Guest workshops - various	

### PRACTICE TIME

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

### PRIVATE LESSONS (1 hour)

Single lesson (1-3 ppl)	\$120 (\$140 with Miss Filly)
3 pack (1-3ppl)	\$300 (\$360 with Miss Filly)
Group private (4-9ppl)	\$35 pp (\$40pp with Miss Filly)

### STUDIO FUNCTIONS

1.5 hours (min 10 ppl)	\$35 per person
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### STUDIO HIRE

1 hour	\$60
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## WORKSHOPS

POLE ACRO & HANDSTANDS WITH FILLY  
Saturday 27th of October 11am-12:30pm

MISS FILLY'S SIGNATURE TRICKS - INTERS  
Saturday 10th of November 11am-12:30pm

STRIP TEASE/LAP DANCE WITH STACE  
Saturday 17th of November 11am-12:30pm

MISS FILLY'S DROP IT LIKE IT'S HOT Saturday  
24th of November 11am-12:30pm

BOOTAY SHOWCASE WITH TANIA!  
Friday 30/11 and 7/12 6:30pm-8pm

TRICK'S N MOVES – INTER WITH MISCHKA  
Saturday 1st of December 11am-12:30pm

ADVANCED COND WITH MISCHKA Saturday  
8th of December 11am-12:30pm



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