

TERM 1 TIMETABLE

Monday 14th January - Sunday 10th March 2019

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	MORNING MADNESS 6 Week Course 28/01 Stace		MORNING MADNESS 6 Week Course 28/01 Stace		MORNING MADNESS 6 Week Course 28/01 Stace	
9:00 AM						INTERMEDIATE STATIC 8 Week Course Mischka
10:00 AM					**BEGINNER STATIC 8 Week Course Lorien	BEGINNER STATIC 8 Week Course Mischka
11:00 AM					RUSSIAN FLOW 8 week course 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	
5:30 PM	STRETCH TECH Casual Class Mischka	BEGINNER SPIN 8 Week Course Lorien	EXOTICA 16/01 CONTEMPORARY PF 13/02 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 Mischka	ELITE SPIN 8 Week Course Filly	EXOTICA 8 Week Course Filly		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						BEGINNER SPIN 8 Week Course Stace
10:00 AM						INTERMEDIATE SPIN 8 Week Course Stace
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	ADVANCED 2 STATIC 8 Week Course Mischka	ADVANCED 3 STATIC 8 Week Course Mischka	ADVANCED STATIC 8 Week Course Stace		
6:30 PM	POLE CONDITIONING Casual Class Stace	POLE MOVES 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	BEGINNER STATIC 8 Week Course	ADVANCED 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.

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STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 PM	BEGINNER STATIC 8 Week Course Molly	ADVANCED 2 SPIN 8 Week Course Filly	BEGINNER STATIC 8 Week Course Pip			PRACTICE TIME 9AM - 11AM
6:30 PM	BEGINNER STATIC 8 Week Course Molly	INTERMEDIATE SPIN 8 Week Course Mischka	INVERSION THERAPY 16/01 INVERSION THERAPY 13/02 4 Week Courses Mischka			
7:30 PM	PRACTICE TIME 7:30 - 8:30PM	INTERMEDIATE STATIC 8 Week Course Mischka	POLE CONDITIONING Casual Class Mischka	PRACTICE TIME 7:30 - 8:30PM		
8:30 PM	PRACTICE TIME 8:30 - 9:30PM	OPEN PRIVATE Casual Class Miss Filly	ADVANCED 1 SPIN 8 Week Course 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)
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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

	\$60
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WORKSHOPS



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