

TERM 1 TIMETABLE

Monday 14th January - Sunday 10th March 2019

DOWNSTAIRS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						BEGINNER STATIC 8 Week Course Emma	
10:00 AM						INTERMEDIATE STATIC 8 Week Course Emma	
11:00 AM						ADVANCED 1 STATIC 8 Week Course Emma	
3:00 PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME		
6:30 PM	ELITE 8 Week Course Emma	ADVANCED 3 SPIN 8 Week Course Maddy	ADVANCED 2 STATIC 8 Week Course Emma				
7:30 PM	INTERMEDIATE STATIC 8 Week Course Emma	ADVANCED 2 SPIN 8 Week Course Maddy	ADVANCED 3 STATIC 8 Week Course Emma	ADVANCED 1 SPIN 8 Week Course Emma			
8:30 PM	ADVANCED 2 STATIC 8 Week Course Emma	INTERMEDIATE SPIN 8 Week Course Maddy	INTERMEDIATE STATIC 8 Week Course Davina	ADVANCED STATIC 8 Week Course Emma			

UPSTAIRS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						PRACTICE TIME	
10:00 AM						PRACTICE TIME	
12:30 PM							
3:00 PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME		
6:30 PM	BEGINNER STATIC 8 Week Course Tracey	CORE CONDITIONING Casual Class Davina	POLE MOVES Casual Class Maddy	BEGINNER STATIC 8 Week Course Emma			
7:30 PM	POLE CONDITIONING Casual Class Tracey	BEGINNER STATIC 8 Week Course Davina	BEGINNER STATIC 8 Week Course Maddy				
8:30 PM	BEGINNER STATIC 8 Week Course Tracey	POLE MOVES Casual Class Davina	BEGINNERS SPIN 8 Week Course Maddy				

TO BOOK CONTACT 03 5976 2978 OR VISIT WWW.POLEDIVAS.COM.AU



AVAILABLE MIN \$50 SPEND

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

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



POLE & AERIAL DIVAS



TERM 1 TIMETABLE

Monday 14th January - Sunday 10th March 2019

AERIAL STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM					STRETCH TECHNIQUE Casual Class Mel	PRACTICE TIME	
11:00 AM					BEGINNER LYRA 8 Week Course Mel	PRACTICE TIME	
3:00 PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME		
5:30 PM	PRACTICE TIME	STRETCH TECHNIQUE Casual Class Mel	PRACTICE TIME	PRACTICE TIME			
6:30 PM	ADVANCED PREP LYRA 8 Week Course Raelene	INTERMEDIATE LYRA 8 Week Course Mel	BEGINNER LYRA 8 Week Course Nicole	STRETCH TECHNIQUE Casual Class Mel			
7:30 PM	ADVANCED 1 LYRA 8 Week Course Raelene	BEGINNER LYRA 8 Week Course Mel	LYRA BASICS Casual Class Nicole	INTERMEDIATE LYRA 8 Week Course Mel			
8:30 PM	INTERMEDIATE LYRA 8 Week Course Raelene	ADVANCED 2 LYRA 8 Week Course Mel		ADVANCED 3 LYRA 8 Week Course Mel			

COURSES	
8-week course	\$240
Additional 8-week course	\$190 (within the same term)
12-month membership	\$60/fortnight (see reception for details)
PACKAGES *MOST POPULAR*	Pole OR Lyra Goals Package \$450 = 2x Courses + Unlimited Practice Time
	The Complete Package \$420 = 1x Course + 8x Casual Classes + Unlimited Practice Time
CASUAL CLASSES	
Introductory offer (new students only)	\$50 for 5 casual classes (valid for 14 Days starting from first visit)
Casual Class	\$30
5 x Class Pass	\$125
10 x Class Pass	\$220
20 x Class Pass	\$400
WORKSHOPS	
All members	\$45/\$50
PRACTICE TIME	
Course Member	\$10 or \$80 for full term
Non-Course Member Price	\$20

WORKSHOPS

TO BOOK CONTACT 03 5976 2978 OR VISIT WWW.POLEDIVAS.COM.AU



POLE & AERIAL DIVAS



AVAILABLE MIN \$50 SPEND

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

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