

TERM 1 TIMETABLE

Monday 14th January – Sunday 10th March 2018

STUDIO A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
10:00 AM	BEGINNER STATIC Course Seren			10AM-12PM PRACTICE TIME		10:00 AM	PRACTICE TIME
11:00 AM	BEGINNER SPIN Course Seren					11:00 AM	
12:00 PM						12:00 PM	
3:30 PM	PRACTICE TIME	PRACTICE TIME				1:00 PM	
4:30 PM			PRACTICE TIME	PRACTICE TIME			
5:30 PM	BEGINNER SPIN Course Seren	INTERMEDIATE STATIC Course Lou			4-7PM PRACTICE TIME		
6:30 PM	INTERMEDIATE STATIC Course Bella	ADVANCED 2 STATIC Course Lou	ELITE Course Gracie	BEGINNER STATIC Course Bella	7-8:30PM VARIOUS WORKSHOPS		
7:30 PM	BEGINNER STATIC Course Bella	ADVANCED 3 STATIC Course Lou	ADVANCED 3 SPIN Course Gracie	ADVANCED 1 STATIC Course Bella			
8:30 PM	ADVANCED 1 STATIC Course Bella	ADVANCED 1 SPIN Course Lou	ADVANCED 2 SPIN Course Gracie	POLE CONDITIONING Casual Class Bella			

STUDIO B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
						10:00 AM	BEGINNER STATIC Course Shae
						11:00 AM	POLE CONDITIONING Casual Class Shae
						12:00 PM	POLE MOVES Casual Class Shae
6:00 PM	POLE CONDITIONING Casual Class Issy	BEGINNER SPIN Course Veronica	BEGINNER STATIC Course Shae	POLE MOVES Course Seren			
7:00 PM	STRETCH TECHNIQUE Casual Class Issy	INTERMEDIATE SPIN Course Veronica	INTERMEDIATE STATIC Course Shae	BEGINNER SPIN Course Seren			
8:00 PM	INTERMEDIATE SPIN Course Issy	FLY GYM Casual Class Veronica	BEGINNER STATIC Course Shae	FLEX & FLOW Casual Class Seren			



POLE DIVAS
POLE FITNESS



AVAILABLE MIN. \$50 SPEND

Concession rate applies for students, weekday morning classes as marked – must show student ID

All classes are subject to change.

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COURSES	
8-Week Course	\$240
Additional 8-Week Course	\$190 (must be within the same term)
12-Month Membership (Direct Debit)	\$60/fortnight (see Reception for details)
4-Week Course	\$120
Student Discount 8-Week Course	\$200 (weekday AM classes only, must show valid student ID)
PACKAGES	
Our most popular option!	POLE GOALS \$450 = 2x Courses + Unlimited Practice Time COMPLETE PACKAGE \$420 = 1x Course + 1x Weekly Casual Class + Unlimited Practice Time 12-Month Package Memberships available – see Reception for details
CASUAL CLASSES	
Introductory Offer (new students only)	\$50 for 5 casual class (valid for 14 days, starting from first visit)
Single Class	\$30
5x Class Pass	\$125 (\$25/class – valid for 2 months)
10x Class Pass	\$220 (\$22/class – valid for 3 months)
20x Class Pass	\$400 (\$20/class – valid for 6 months)
WORKSHOPS	
Regular 1.5 hour	\$45
Signature	\$50
PRACTICE TIME	
Course Member	\$10 or \$80 Unlimited for the Term
Non-Course Member	\$20

WORKSHOPS

Contact Us

Upstairs, 22 Cecil Place, Prahran, VIC, 3181

Phone: 03 9529 3399 Email: pahran@poledivas.com.au

Opening Hours Mon: 10am-9.30pm Tues-Wed-Thurs: 2pm-9.30pm Fri: 4-7pm Sat: 9.30am-2pm



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