

TERM 1 TIMETABLE

Monday 14th of January - Sunday 10th of March 2019

POLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10.30 AM	PRACTICE TIME	**ADVANCED 2 STATIC** 8 Week Course Lou	** BEGINNER SPIN 8 Week Course Lou			10AM	POLE MOVES -SPIN Casual Class Angelique	BEGINNER STATIC 8 Week Course Anna
11.30 AM	PRACTICE TIME	**ADVANCED SPIN 8 Week Course** Lou	**INTER SPIN 8 Week Course Lou			11AM	INTER SPIN 8 Week Course Angelique	POLE CONDITIONING Casual Class Anna
						12PM	BEGINNER SPIN 8 Week Course Angelique	INTERMEDIATE STATIC 8 Week Course Anna
4PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME		1PM	RUSSIAN FLOW 8 Week Course Angelique	1PM to 2PM PRACTICE TIME
5:30 PM	BEGINNER STATIC 8 Week Course Caz	ADVANCED 3 SPIN 8 Week Course Gracie	BEGINNER SPIN 8 Week Course Lou	INTERMEDIATE STATIC 8 Week Course Lou		2PM	2PM to 3pm PRACTICE TIME	2PM to 3pm PRACTICE TIME
6:30 PM	POLE MOVES - STATIC Casual Class Caz	ADVANCED 3 STATIC 8 Week Course Gracie	INTERMEDIATE SPIN 8 Week Course Lou	BEGINNER STATIC 8 Week Course Cherie				
7:30 PM	ADVANCED 1 STATIC 8 Week Course Caz	ELITE 8 Week Course Gracie	ADVANCED SPIN 8 Week Course Lou	4 WEEK COURSES 17/1 Striptease/Lap Dance 14/2 Contemporary Pole Flow w Gracie				
8.30 PM	BEGINNER SPIN 8 Week Course Anna	ADVANCED 2 SPIN 8 Week Course Gracie	INTERMEDIATE STATIC 8 Week Course Lou	ADVANCED 2 STATIC 8 Week Course Gracie				

AERIAL STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10.30 AM	PRACTICE TIME	**ADVANCED PREP LYRA 8 Week Course Shannon	STRETCH TECH Casual Class Mel			10AM	BEGINNER LYRA 8 Week Course TBC	LYRA BASICS Casual Class Raelene
11.30 AM	PRACTICE TIME	**INTERMEDIATE LYRA 8 Week Course Shannon	**INTERMEDIATE LYRA 8 Week Course Mel			11AM	FLY GYM Casual Class Mel	INTERMEDIATE LYRA 8 Week Course Raelene
						12PM	ADVANCED 1 LYRA 8 Week Course Mel	STRETCH TECH Casual Class Raelene
4PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME		1PM	ADVANCED PREP LYRA 8 Week Course Mel	1PM to 3PM PRACTICE TIME
5:30 PM	BEGINNER LYRA 8 Week Course Shannon	INTERMEDIATE LYRA 8 Week Course Raelene	CONTORTION 8 Week Course Veronica	FLY GYM Casual Class Veronica		2PM	2PM to 3PM PRACTICE TIME	
6:30 PM	INTERMEDIATE LYRA 8 Week Course Shannon	FLY GYM Casual Class Raelene	ADVANCED PREP LYRA 8 Week Course Veronica	INTERMEDIATE LYRA 8 Week Course Veronica				
7:30 PM	ADVANCED 2 LYRA 8 Week Course Shannon	BEGINNER LYRA 8 Week Course Raelene	AERIAL CONDITIONING Casual Class Veronica	BEGINNER LYRA 8 Week Course Veronica				
8.30 PM	ADVANCED 3 LYRA 8 Week Course Shannon	ADVANCED PREP LYRA 8 Week Course Raelene	ADVANCED 1 LYRA 8 Week Course Veronica	INTERMEDIATE LYRA 8 Week Course Veronica				



POLE & AERIAL DIVAS



zipPay™

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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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
PACKAGES *MOST POPULAR*	
Poles/Lyra Goals Package - 2x Courses + Unlimited Practice Time	\$450
The Complete Package - 1 Course + 8 Casual Classes + Unlimited Practice Time	\$420
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 Class Pass Price (3 month expiry)	\$125 (save \$25)
10x Class Pass Price (4 month expiry)	\$220 (save \$80)
20x Class Pass Price (6 month expiry)	\$400 (save \$200)
WORKSHOPS	
All members	\$45/\$50
PRACTICE TIME	
Course Member	\$10 or \$80 for full term
Non-Course Member Price	\$20

WORKSHOPS

INVERSION THERAPY with VERONICA	Sun 11th November 2pm	Invert, invert, invert!! This is one of the key skills to pole dancing. This workshop is more than just learning how to straddle. We are going to help YOU with your inverts. Our professional instructors will not only provide you with strengthening drills and homework for practice time but ALSO show you how perform tricks without having to invert. YES, execute a Pixie or Ballerina without having to straddle. Inversion Therapy is also suitable for high level students who need some extra guidance with their shoulder mounts from the floor and aerially. Suitable for all levels!
EXOTICA with Gracie	Sun 25th November 2pm	Time to get your sexy on at Pole Divas!! In our 1.5 hour workshop you will learn to move your body in slow motions and loosen your hips to get an amazing workout! We focus on sexy walks, cat crawls, lots of floor work that lead into one amazing routine. Exotica will have you on the floor, against pole and have you begging for more!!
AERIAL DANCE with Raelene	Sun 25th November 2:30pm	This 1.5 hour workshop is all about focusing on the fluid dance elements and spins that is all a part of your Lyra course! You will learn a fun routine that uses only the movement that is based under the Lyra and on the floor. Your feet will not leave the ground but you will feel like a true Aerial Diva dancer by the time you finish this inspiring dance class. You will learn a different routine every workshop and we welcome anybody new to try this class or a current dedicated aerial student who wants to work on perfecting their dance skills.

CONTACT US	Level 2, 252 Church Street, Richmond, VIC 3121 Phone: 03 9421 5951 Email: richmond@poledivas.com.au Opening Hours Mon-Tues-Wed: 10am-9.30pm Thurs: 1.30pm-9.30pm Fri: CLOSED Sat: 9.30am-2pm (Later for Functions/Workshops/Private) Sun: 9:30am-12:30pm
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