

TERM 3 TIMETABLE

Monday 13th May - Sunday 7th July 2019

POLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY	SUNDAY
10.30 AM	PRACTICE TIME 10:30am - 12:30pm	**ADVANCED 2 STATIC 8 Week Course Lou	**BEGINNER SPIN 8 Week Course Lou		10 AM	POLE MOVES -SPIN Casual Class Angelique	BEGINNER STATIC 8 Week Course Anna
11.30 AM		**ADVANCED 3 STATIC 8 Week Course Lou	**INTER SPIN 8 Week Course Lou		11 AM	BEGINNER SPIN 8 Week Course Angelique	POLE CONDITIONING Casual Class Anna
12.30 PM		**ADVANCED SPIN 8 Week Course** Lou	**INTERMEDIATE STATIC 8 Week Course Lou		12 PM	RUSSIAN FLOW 8 Week Course Angelique	INTER SPIN 8 Week Course Anna
4PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	1 PM	PRACTICE TIME 1pm - 3pm	PRACTICE TIME 1pm - 3pm
5:30 PM	BEGINNER STATIC 8 Week Course	ADVANCED 3 SPIN 8 Week Course Gracie	BEGINNER SPIN 8 Week Course Lou	INTERMEDIATE STATIC 8 Week Course Lou	2 PM	PRACTICE TIME 1pm - 3pm	PRACTICE TIME 1pm - 3pm
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 16/5 Exotica 13/6 Street Heels Gracie			
8.30 PM	BEGINNER SPIN 8 Week Course Caz	ADVANCED 2 SPIN 8 Week Course Gracie	INTERMEDIATE STATIC 8 Week Course Anna	ADVANCED 2 STATIC 8 Week Course Gracie			

AERIAL STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY	SUNDAY
10.30 AM	PRACTICE TIME 10:30am - 12:30pm	**ADVANCED PREP LYRA 8 Week Course Shannon	STRETCH TECH Casual Class Mel		10 AM	BEGINNER LYRA 8 Week Course Mel	LYRA BASICS Casual Class Raelene
11.30 AM		**INTERMEDIATE LYRA 8 Week Course Shannon	**BEGINNER LYRA 8 Week Course Mel		11 AM	FLY GYM Casual Class Mel	INTERMEDIATE LYRA 8 Week Course Raelene
					12 PM	ADVANCED 1 LYRA 8 Week Course Mel	STRETCH TECH Casual Class Raelene
4PM	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME	1 PM	ADVANCED PREP LYRA 8 Week Course Mel	PRACTICE TIME 1pm - 3pm
5:30 PM	BEGINNER LYRA 8 Week Course Shannon	INTERMEDIATE LYRA 8 Week Course Raelene	BEGINNER LYRA 8 Week Course Raelene	FLY GYM Casual Class Veronica	2 PM	PRACTICE TIME 2pm - 3pm	PRACTICE TIME 1pm - 3pm
6:30 PM	INTERMEDIATE LYRA 8 Week Course Shannon	STRETCH TECH 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 Nichola			
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 Nichola			

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COURSES	
8-week course	\$240
Extra 8-week course	\$190 (within the same term)
12-month membership	\$60/fortnight (see reception for details)
4-week course	\$120
Student discount course	\$200

PACKAGES <i>*MOST POPULAR*</i>	
Pole OR Lyra Goals Package	\$450 - 2x Courses + Unlimited Practice Time
Complete Package	\$420 - 1x Course + 1x Casual Class + Unlimited Prac Time
Competition Coaching Package	\$450 - speak with your Desk Divas for further info

CASUAL CLASSES	
Intro offer (new students only)	\$50 for 5 casual classes (valid for 14 Days starting from first visit)
1 Casual Class	\$30
5X Casual Class Pass	\$125 *SAVE \$25* (valid for 3 months)
10x Class Pass	\$220 *SAVE \$80* (valid for 4 months)
20x Class Pass	\$400 *SAVE \$200* (valid for 6 months)

WORKSHOPS	
All members	\$45/\$50

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

CONTACT US	
Level 2, 252 Church Street, Richmond, VIC 3121	
Phone: 03 9421 5951	
Email: richmond@poledivas.com.au	
Opening Hours	
Mon-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	

WORKSHOPS	
STRIPTease & LAPDANCCE with HANNE	28TH
APRIL 3PM-4.30PM	
Combining two of our most popular exotic dance workshops, Striptease & Lapdance is about confidence, prowess and feeling super sexy! You will learn all the moves to perform sexy striptease, as a treat to someone special or to show off your confidence! You'll learn sexy floor moves, the Art of Striptease and a lap dancing chair routine that will unleash your inner Diva, all whilst giving you a total body workout!	
90 MIN WORKSHOP \$45	

STREET HEELS with GRACIE	8TH MAY 7.30PM-9PM
Learn a free-standing heels routine focusing on only choreography, no pole tricks involved. Each workshop will be different according to the instructor's style of dance, but all in all, you will be wearing 'normal' heels. Forget about your 7" or 8" heels for this workshop. Street Heels is a dance-based workshop, so if you're interested in learning more dance coordination in heels, then this is the workshop for you. Open to all levels from beginners to elite.	
90 MIN WORKSHOP \$45	

AMY SANG	12TH MAY
EXOTIC FLOW 1-2.30pm	Daaaaang Miss Sang
Exotic flow workshops with Miss Sang is an explosion of sex and sass! She'll teach you musicality at its finest, picking out beats and teaching you the dynamics of fast and slow with a more dance based style.	
Sang is totally about that performance and will give you moments you can play your expressive inner sass, she wants you to feel empowered in your own skin so get ready and remember to bring your heels, knee pads and towels its going to get hot and steamy.	
She encourages all humans to come dance with her! ALL LEVELS WELCOME.	
LYRICAL 2.30-4PM	A
soft and expressive style of dance focusing on the lyrics. This workshop is mainly baseWork when working with the pole.	



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.