



# POLE & AERIAL DIVAS CAROLINE SPRINGS



**TERM 4 TIMETABLE**  
28th Jun - 22nd Aug 2021  
**BEGINNERS - WHERE TO START**

23/39 Eucumbene Drive,  
Ravenhall, VIC 3023  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30PM AERIAL MOVES CASUAL   SALLY	9:30AM BEG STATIC POLE COURSE   PEITA	5:30PM FLY GYM CASUAL   ALICIA	6:30PM CORE CONDITIONING CASUAL   KRISTY	10:30AM BEG SPIN POLE COURSE   ALICIA	9AM POLE CONDITIONING CASUAL   KRISTY	9:30AM BEG LYRA COURSE   RISAKO
7:30PM BEG LYRA COURSE   KRISTEE	11:30AM POLE MOVES CASUAL   PEITA	7:30PM BEG SPIN POLE COURSE   DEE DEE	6:30PM FLEX & FLOW CASUAL   MICH	11:30AM POLE MOVES CASUAL   ALICIA	10AM BEG STATIC POLE COURSE   KRISTY	10:30AM AERIAL CONDITIONING CASUAL   RISAKO
8:30PM BEG SPIN POLE COURSE   ALICIA	6:30PM BEG SPIN POLE COURSE   GABBY	7:30PM BEG LYRA COURSE   BELLA	7:30PM BEG SPIN POLE COURSE   MICH	12:30PM FLY GYM CASUAL   ALICIA	1:30PM BEG SILKS COURSE   KRISTY	10:30AM BEG STATIC POLE COURSE   GABBY
8:30PM FAN DANCE CASUAL   KATE	7:30PM BEG STATIC POLE COURSE   GABBY	7:30PM POLE MOVES CASUAL   ALICIA	8:30PM BEG STATIC POLE COURSE   MICH			11:30AM POLEROCK CASUAL   GABBY
8:30PM LYRA BASICS CASUAL   KRISTEE	8:30PM POLEROCK CASUAL   GABBY	8:30PM BEG STATIC POLE COURSE   DEE DEE				12:30PM STRETCH TECHNIQUE CASUAL   RISAKO
	8:30PM STRETCH TECHNIQUE CASUAL   RISAKO					

**Course Vs Casual** - in a 8 week course you will learn a structured syllabus, progressing through the levels. Casuals will upskill certain areas such as dance, strength and flex, they are open to all levels.

**Cost** - you have two options, either pay upfront starting at \$250 for an 8 Class Pass, OR sign up to a direct debit membership starting at \$60 a fortnight for 1 Class Per Week.

**How to book** - download the Pole Divas app, select Caroline Springs and book accordingly from the "Book" tab (if you have a pass on your account) or "Buy" if you want to purchase a pass. Go to "Autopays" to sign up to a membership.