



POLE DIVAS
MOONEE PONDS

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

27 Holmes Road,
Moonee Ponds, VIC 3039
0423 725 864
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM CORE CONDITIONING CASUAL STACE	4:30PM POLE MOVES CASUAL LORIEN	5:30PM BEG STATIC POLE COURSE MISS FILLY	1PM BEG SPIN POLE COURSE MISCHKA	1PM STRETCH TECHNIQUE CASUAL MISCHKA	9AM POLE CONDITIONING CASUAL STACE	10AM BEG SPIN POLE COURSE SAM
4:15PM FLY GYM CASUAL SAM	5:30PM CORE CONDITIONING CASUAL MISS FILLY	5:30PM STRETCH TECHNIQUE CASUAL LORIEN	5:30PM BEG SPIN POLE COURSE STACE		10AM BEG STATIC POLE COURSE STACE	11AM BEG STATIC POLE COURSE SAM
5:30PM BEG SPIN POLE COURSE SAM	6:30PM BEG SPIN POLE COURSE SAM	6:30PM BEG STATIC POLE COURSE BRI	5:30PM BEG STATIC POLE COURSE BRI		11AM BEG SPIN POLE COURSE STACE	1PM FLY GYM CASUAL SAM
7:30PM BEG STATIC POLE COURSE JULIA	7:30PM BEG STATIC POLE COURSE SAM	7:30PM BEG SPIN POLE COURSE PIP	6:30PM POLE CONDITIONING CASUAL STACE		12PM POLE MOVES CASUAL STACE	
8:30PM BEG SPIN POLE COURSE JULIA		7:30PM POLE BASICS SPIN CASUAL JULIA	6:30PM BEG STATIC POLE COURSE BRI			
		8:30PM BEG STATIC POLE COURSE JULIA	7:30PM POLE BASICS STATIC CASUAL BRI			

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 Moonee Ponds 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.

