



# POLE & AERIAL DIVAS MORNINGTON



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

7/4 Torca Terrace  
Mornington, VIC 3931  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30PM BEG SPIN POLE COURSE   MONI	6:30PM BEG STATIC POLE COURSE   ALLIRA	6:30PM BEG STATIC POLE COURSE   MONI	6:30PM POLE MOVES CASUAL   EMMA	10AM STRETCH TECHNIQUE CASUAL   AINSLIE	9AM BEG STATIC POLE COURSE   EMMA
6:30PM BEG LYRA COURSE   RAELENE	6:30PM SPLITS INTENSIVE CASUAL   MEL	6:30PM BEG SPIN POLE COURSE   MONI	7:30PM BEG STATIC POLE COURSE   ZOE	11AM BEG LYRA COURSE   AINSLIE	10:30AM SILKS BASICS CASUAL   NICOLE
7:30PM BEG STATIC POLE COURSE   MONI	7:30PM POLE CONDITIONING CASUAL   MADDY	8:30PM POLE BASICS CASUAL   MONI	6:30PM BEG LYRA COURSE   MEL	6:30PM BEG SILKS COURSE   AINSLIE	
8:30PM BEG STATIC POLE COURSE   MONI	8:30PM BEG STATIC POLE COURSE   ZOE	8:30PM POLE MOVES CASUAL   MADDY			

**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.