



# POLE DIVAS PRAHRAN

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

Studio 3, 22 Cecil Place,  
Prahran, VIC 3181  
0481 288 153  
prahran@poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
10AM BEG STATIC POLE COURSE   SEREN	8PM STRETCH TECHNIQUE CASUAL   BEK	6PM BEG SPIN POLE COURSE   HANNE	6PM POLE CONDITIONING CASUAL   BELLA	10AM BEG STATIC POLE COURSE   ALEKS	10AM BEG STATIC POLE COURSE   BEK
11AM BEG SPIN POLE COURSE   SEREN			6PM BEG STATIC POLE COURSE   SEREN	10AM POLE CONDITIONING CASUAL   SEREN	
6PM BEG STATIC POLE COURSE   ALEKS			7PM FLEX & FLOW CASUAL   SEREN	11AM BEG SPIN POLE COURSE   SEREN	
6PM POLE MOVES CASUAL   BEK			8PM BEG SPIN POLE COURSE   SEREN	12PM POLE MOVES CASUAL   ALEKS	
8PM BEG SPIN POLE COURSE   BEK					

**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.