



POLE & AERIAL DIVAS RICHMOND



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

Level 2, 252 Church Street,
Richmond, VIC 3121
+61 4 27 230 337
richmond@poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30AM BEG STATIC POLE COURSE CHERIE	10:30AM BEG SILKS COURSE SHANNON	10:30AM BEG SPIN POLE COURSE LOU	5:30PM POLE BASICS CASUAL BEK	10:30AM SILKS BASICS CASUAL NICHOLA	10:30PM POLE MOVES CASUAL ANGELIQUE	10AM POLE CONDITIONING CASUAL ANNA
5:30AM BEG STATIC POLE COURSE CAZ	11:30AM POLE MOVES STATIC CASUAL JESS B	12:30PM BEG LYRA COURSE MEL	5:30PM FLY GYM CASUAL NICHOLA	6:30PM BEG SILKS COURSE NICHOLA	10:30AM SILKS BASICS CASUAL NICHOLA	10AM BEG LYRA COURSE NICHOLA
5:30PM BEG LYRA COURSE SHANNON	4PM BEG STATIC POLE COURSE SHANNON	5:30PM BEG SPIN POLE COURSE LOU	6:30PM BEG STATIC POLE COURSE BEK		11AM BEG SILKS COURSE NICHOLA	12:30AM LYRA BASICS CASUAL NICHOLA
6:30PM POLE MOVES STATIC CASUAL CAZ	7:30PM STRETCH TECHNIQUE CASUAL HANNE	5:15PM BEG LYRA COURSE ALEX	6:30PM BEG LYRA COURSE NICHOLA		11:30AM BEG SPIN POLE COURSE ANGELIQUE	1PM BEG SPIN POLE COURSE BEK
8:30PM BEG SPIN POLE COURSE SHANNON	5:30PM BEG LYRA COURSE HANNE	8:30PM BEG SILKS COURSE ALEX	8:30PM BEG STATIC POLE COURSE CANDY		1:15PM STRETCH TECHNIQUE CASUAL NICHOLA	2PM BEG STATIC 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 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 Richmond 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.