



POLE DIVAS HAMPTON

TERM 6 TIMETABLE
1st Nov - 19th Dec 2021
BEGINNERS - WHERE TO START

1C Service Street,
Hampton, VIC 3188
0402 260 852
hampton@poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10AM BEG SPIN POLE COURSE JESS	6:30PM BEG SPIN POLE COURSE JESS	10AM BEG STATIC POLE COURSE JESS	8:30PM BEG SPIN POLE COURSE JESS	10AM BEG SPIN POLE COURSE SOPHIE
5:30PM POLE MOVES CASUAL NICHOLA	7:30PM BEG STATIC POLE COURSE JESS	11AM STRETCH TECHNIQUE CASUAL JESS		11AM POLE MOVES CASUAL SOPHIE
6:30PM BEG STATIC POLE COURSE NICHOLA		6:30PM POLE CONDITIONING CASUAL PEITA		
7:30PM STRETCH TECHNIQUE CASUAL NICHOLA				

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 Hampton 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.