



POLE DIVAS
MOONEE PONDS

TERM 6 TIMETABLE
1st Nov - 18th Nov 2021
BEGINNERS - WHERE TO START

27 Holmes Road,
Moonee Ponds, VIC 3039
0423 725 864
mooneeponds@poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30PM STRETCH TECH CASUAL LORIE	4:30PM POLE MOVES CASUAL SAMANTHA	6:30PM BEG SPIN POLE COURSE JULIA	12PM POLE MOVES CASUAL MISCHKA	1PM STRETCH TECHNIQUE CASUAL MISCHKA	9AM POLE CONDITIONING CASUAL BRI
6:30PM BEG STATIC POLE COURSE JULIA		6:30PM STRETCH TECH CASUAL LORIE	5:30PM BEG STATIC POLE COURSE BRI		10AM BEG SPIN POLE COURSE BRI
7:30PM POLE MOVES CASUAL JULIA		7:30PM BEG SPIN POLE COURSE JULIA	5:30PM POLE CONDITIONING CASUAL MISCHKA		11AM BEG STATIC POLE COURSE BRI
8:30PM BEG SPIN POLE COURSE JULIA		8:30PM BEG STATIC POLE COURSE JULIA	7:30PM BEG STATIC POLE COURSE BRI		12PM POLE MOVES CASUAL BRI
			8:30PM BEG SPIN POLE COURSE 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.