



POLE DIVAS PRAHRAN

TERM 6 TIMETABLE
1st Nov - 19th Dec 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
6PM BEG STATIC POLE COURSE ALEKS	8PM STRETCH TECHNIQUE CASUAL BEK	6PM BEG SPIN POLE COURSE HANNE	6PM BEG STATIC POLE COURSE SEREN	10AM BEG STATIC POLE COURSE ALEKS	10AM BEG STATIC POLE COURSE BEK
6PM POLE MOVES CASUAL BEK			7PM FLEX & FLOW CASUAL SEREN	10AM POLE CONDITIONING CASUAL SEREN	
8PM BEG SPIN POLE COURSE ALEKS			8PM BEG SPIN POLE COURSE SEREN	11AM BEG SPIN POLE COURSE SEREN	
				12PM POLE MOVES CASUAL ALEKS	

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 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.