



# POLE & AERIAL DIVAS RICHMOND



## TERM 6 TIMETABLE 1st Nov- 19th Dec2021 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	SATURDAY	SUNDAY
10AM BEG STATIC POLE COURSE   CHERIE	12PM POLE MOVES STATIC CASUAL   JESS B	10AM BEG SPIN POLE COURSE   LOU	5:30PM FLY GYM CASUAL   NICHOLA	10AM BEG STATIC POLE COURSE   BEK	11AM POLE CONDITIONING CASUAL   ANNA
5:30AM BEG STATIC POLE COURSE   CAZ	7:30PM SPILTS/LYRA BASICS CASUAL   ALEX	1:15PM STRETCH TECHNIQUE CASUAL   ALEX	5:30PM BEG SPIN POLE COURSE   CAZ	11AM POLE MOVES CASUAL   ANGELIQUE	12PM LYRA BASICS CASUAL   NICHOLA
6:30PM POLE MOVES STATIC CASUAL   CAZ			7:30PM BEG STATIC POLE COURSE   BEK	11AM BEG SPIN POLE COURSE   ANGELIQUE	1PM BEG SPIN POLE COURSE   BEK
8:30PM BEG SPIN POLE COURSE   SHANNON					

**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.