



POLE & AERIAL DIVAS CAROLINE SPRINGS



TERM 6 TIMETABLE
1st Nov - 19th Dec 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30PM BEG LYRA COURSE KRISTEE	5:30PM LYRA BASICS CASUAL SALLY	5:30PM FLY GYM CASUAL ALICIA	6:30PM POLE CONDITIONING CASUAL KRISTY	9:30AM BEG STATIC POLE COURSE ALICIA
	6:30PM BEG STATIC POLE COURSE GABBY	7:30PM BEG SPIN POLE COURSE DEE DEE	6:30PM BEG SILKS COURSE RISAKO	10:30AM BEG SPIN POLE COURSE ALICIA
	7:30PM BEG SPIN POLE COURSE GABBY	7:30PM BEG LYRA COURSE BELLA	7:30PM BEG SPIN POLE COURSE GABBY	12:30PM FLEX & FLOW CASUAL ALICIA
	8:30PM POLEROCK CASUAL GABBY	7:30PM POLE MOVES CASUAL ALICIA	8:30PM BEG STATIC POLE COURSE GABBY	
		8:30PM BEG STATIC POLE COURSE DEE DEE		

Course Vs Casual - in a 8 week course you will learn a structured syllabus, progressing through the levels. Casuals will upskill certain areas s 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 \$

How to book - download the Pole Divas app, select Caroline Springs and book accordingly from the "Book" tab (if you have a pass on yc Go to "Autopays" to sign up to a membership.

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SATURDAY	SUNDAY
9AM CORE CONDITIONING CASUAL KRISTY	
10AM BEG STATIC POLE COURSE KRISTY	
10AM BEG SILKS COURSE RSKAO	
1PM STRETCH TECHNIQUE CASUAL RISA KO	
2PM AERIAL CONDITIONING CASUAL SALLY	
3PM BEG LYRA COURSE SALLY	

uch dance, strength and flex, they are open to all

60 a fortnight for 1 Class Per Week.

our account) or "Buy" if you want to purchase a pass.