



POLE DIVAS RESERVOIR

TERM 6 TIMETABLE
1st Nov - 20th Dec 2021
BEGINNERS - WHERE TO START

9 Newlands Road
Reservoir VIC 3073
03 7013 6102
reservoir@poledivas.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
6:30PM BEG SPIN POLE COURSE BEC	6:30PM POLE CONDITIONING CASUAL BEC	6:30PM BEG STATIC POLE COURSE TAMMY	6:30PM STRETCH TECHNIQUE CASUAL TAMMY	11AM BEG SPIN POLE COURSE TAMMY
8:30PM BEG STATIC POLE COURSE BEC	7:30PM BEG SPIN POLE COURSE BEC	7:30PM FLEX & FLOW CASUAL LAUREN	7:30PM EXOTICA DANCE COURSE TAMMY	12PM POLE MOVES CASUAL TAMMY
	7:30PM BEG STATIC POLE COURSE MOLLY	8:30PM BEG SPIN POLE COURSE TAMMY	8:30PM BEG STATIC POLE COURSE LAUREN	
	8:30PM POLE MOVES CASUAL MOLLY			

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 Reservoir 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.