



STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM						
9AM						ADV 1 STATIC 7 Week Course SAMANTHA
10AM						EXOTICA 7 Week Course SAMANTHA
11AM					ADV 1/2 SPIN 7 Week Course MISCHKA	BEGINNER STATIC 7 Week Course BRI
12PM			EXOTICA 7 Week Course SAMANTHA	POLE MOVES Casual Class MISCHKA	RUSSIAN FLOW 7 Week Course MISCHKA	POLE MOVES Casual Class BRI
1PM			INTER PREP STATIC 7 Week Course SAMANTHA	INTER STATIC 7 Week Course MISCHKA	STRETCH TECH Casual Class MISCHKA	
2PM			INTER PREP SPIN 7 Week Course SAMANTHA	ADV 1/2 STATIC 7 Week Course MISCHKA		
4:30PM		POLE MOVES Casual Class SAMANTHA				
5:30PM	ADV 2 SPIN 7 Week Course MISCHKA	ADV 2 STATIC 7 Week Course MISS FILLY	ADV 1 SPIN 7 Week Course MISS FILLY	POLE CONDITIONING Casual Class MISCHKA		
6:30PM	ADV 3 STATIC 7 Week Course MISCHKA	EXOTICA 7 Week Course MISS FILLY	ELITE SPIN 7 Week Course MISS FILLY	ELITE STATIC 7 Week Course MISCHKA		
7:30PM	ADV 1 STATIC 7 Week Course MISCHKA	ADV 3 STATIC 7 Week Course MISS FILLY	ADV 2 SPIN 7 Week Course MISS FILLY	ADV 2 STATIC 7 Week Course MISCHKA		
8:30PM	BEGINNER SPIN 7 Week Course JULIA	ADV 3 SPIN 7 Week Course MISS FILLY	EXOTICA 7 Week Course MISS FILLY	RUSSIAN FLOW 7 Week Course MISCHKA		

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						POLE CONDITIONING Casual Class BRI
10AM						BEGINNER SPIN 7 Week Course BRI
11AM					PRACTICE TIME 11AM - 5PM	INTER PREP SPIN 7 Week Course SAMANTHA
12PM						INTER SPIN 7 Week Course SAMANTHA
4:30PM	PRACTICE TIME 3:30 - 5:30PM	PRACTICE TIME 3:30 - 5:30PM	PRACTICE TIME 12PM - 5:30PM	PRACTICE TIME 1PM - 5:30PM		
5:30PM	STRETCH TECH Casual Class LORIE	INTER STATIC 7 Week Course SAMANTHA	POLE MOVES SPIN Casual Class LORIE	BEGINNER STATIC 7 Week Course BRI		
6:30PM	BEGINNER STATIC 7 Week Course JULIA	INTER PREP STATIC 7 Week Course SAMANTHA	STRETCH TECH Casual Class LORIE	POLEROCK 7 Week Course BRI		
7:30PM	POLE MOVES Casual Class JULIA	INTER PREP SPIN 7 Week Course SAMANTHA	INTER SPIN 7 Week Course BEK	BEGINNER STATIC 7 Week Course BRI		
8:30PM	RUSSIAN FOUNDATIONS 7 Week Course MISCHKA	ADV 1 SPIN 7 Week Course SAMANTHA	INTER STATIC 7 Week Course BEK	BEGINNER SPIN 7 Week Course BRI		



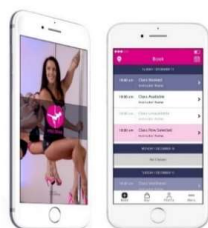
STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30PM	INTER PREP SPIN 7 Week Course SAMANTHA	PRACTICE TIME	PRACTICE TIME	PRACTICE TIME		PRACTICE TIME 9AM - 1PM
6:30PM	INTER SPIN 7 Week Course SAMANTHA	PRACTICE TIME	BEGINNER SPIN 7 Week Course JULIA	PRACTICE TIME		
7:30PM	INTER STATIC 7 Week Course SAMANTHA	PRACTICE TIME	BEGINNER SPIN 7 Week Course JULIA	PRACTICE TIME		
8:30PM	INTER PREP STATIC 7 Week Course SAMANTHA	PRACTICE TIME	BEGINNER STATIC 7 Week Course JULIA	PRACTICE TIME		

VIRTUAL DIVAS
DELIVERING YOU ONLINE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:15PM DivaFit 30 mins No Pole Stace	7AM Diva Bootcamp 45 mins No Pole Stace	7AM Booty Burner 30 mins No Pole Stace	7AM Core Conditioning 45 mins No Pole Stace	10AM Inter/Adv Tricks 1 hour Pole Stace
6PM Elite Static 1 hour Pole Miss Filly	11AM Elite Spin 1 hour Pole Miss Filly	4:30PM Russian Flow 1 hour Pole Mischka	5:15PM Pilates Party 45 mins No Pole Samantha	11:15AM Retrobics 45 mins No Pole Stace
	12PM Drills for Skills 1 hour Pole Miss Filly	5:30PM Elite Static 1 hour Pole Mischka	7:30PM Fan Dance 1 hour No Pole Kate	
	6PM Beg/Inter Tricks 1 hour Pole Stace	6:30PM Adv Trending Tricks 1 hour Pole Mischka		
	7PM Stretch Tech 1 hour No Pole Stace	7:30PM Splits Intensive 1 hour No Pole Mischka		
CONDITIONING	FLEXIBILITY TRAINING	POLE TRICKS	DANCE NO POLE	DANCE WITH POLE

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The easiest and most convenient way to book and cancel your classes at Pole Divas Moonee Ponds. View your schedule and see all your information including your class passes, membership classes, cards on file and more. Scan QR code and download now!



FOR ALL PRICING PLEASE SCAN QR CODE
Minimum spend on ZipPay is \$50 | All Classes Subject to change | Find us on Facebook and Instagram

