



# POLE & AERIAL DIVAS

TERM 6 TIMETABLE Mon 1st November - Sun 19th December 2021



Pole & Aerial Divas Mornington  
7/4 Torca Terrace, Mornington, 3931  
Phone: 03 5976 2978  
Email: mornington@poledivas.com.au

## DOWNSTAIRS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						BEGINNER STATIC Course Emma
10 AM						INTERMEDIATE STATIC Course Emma
11 AM						ADVANCED 1 STATIC Course Emma
3PM - 6:30PM	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP  4:30-5:30 INTER TEEN POLE Course Emma  PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	
6:30 PM	INTERMEDIATE STATIC Course Emma	ADVANCED 2 STATIC Course Maddy	INTERMEDIATE SPIN Course Maddy			
7:30 PM	ADVANCED 3 STATIC Course Emma	RUSSIAN FLOW Course Zoe	INTERMEDIATE STATIC Course Maddy	ADVANCED 2 SPIN Course Emma		
8:30 PM		ADVANCED 1 SPIN Course Maddy		ADVANCED 1 STATIC Course Zoe		

## UPSTAIRS STUDIO

9-11AM						PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP
11AM						POLE MOVES Casual Class Maddy
12PM						INTER PREP STATIC Course Maddy
3PM - 6:30PM	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP  5:30-6:30 BEGINNER TEEN POLE Course Maddy	PRACTICE TIME BOOKING ESSENTIAL VIA POLE DIVAS APP	
6:30 PM	INTER PREP SPIN Course Moni	BEGINNER STATIC Course Allira	INTER PREP STATIC Course Tracey	POLE MOVES Casual Class Emma		
7:30 PM	BEGINNER SPIN Course Moni	POLE CONDITIONING Casual Class Maddy	BEGINNER STATIC Course Tracey	BEGINNER STATIC Course Zoe		
8:30 PM	BEGINNER STATIC Course Moni	INTER PREP STATIC Course Zoe		BEGINNER SPIN Course Emma		



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## AERIAL STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						PRACTICE TIME CHECK AVAILABILITY AND BOOK VIA POLE DIVAS APP
10AM					BEGINNER LYRA Course Ainslie	
11AM					STRETCH TECHNIQUE Casual Class Ainslie	
12PM					INTERMEDIATE LYRA Course Ainslie	INTER TEEN LYRA Course Nicole
3- 6:30P M	PRACTICE TIME CHECK AVAILABILITY AND BOOK VIA POLE DIVAS APP	PRACTICE TIME CHECK AVAILABILITY AND BOOK VIA POLE DIVAS APP	PRACTICE TIME CHECK AVAILABILITY AND BOOK VIA POLE DIVAS APP	PRACTICE TIME CHECK AVAILABILITY AND BOOK VIA POLE DIVAS APP	PRACTICE TIME CHECK AVAILABILITY AND BOOK VIA POLE DIVAS APP	
					4:30-5:30PM INTER TEEN SILKS Course Nicole	
					5:30-6:30PM BEGINNER SILKS Course Nicole	
6:30P M	INTERMEDIATE LYRA Course Raelene	AERIAL CONDITIONING (LYRA) Casual Class Mel	ADVANCED PREP LYRA Course Nicole	ADVANCED 2 LYRA Course Mel	INTER PREP SILKS Course Nicole	
7:30PM	BEGINNER LYRA Course Raelene	SPLITS INTENSIVE Casual Class Mel	ADVANCED 1 LYRA Course Nicole	INTERMEDIATE LYRA Course Mel	BEGINNER 2 SILKS Course Nicole	
8:30P M	HULA BASICS Casual Class Raelene		DOUBLE TROUBLE 7-Week Course Nic & Ains			



**DOWNLOAD THE  
POLE DIVAS APP**



**FOR ALL PRICING PLEASE SCAN QR CODE**

Minimum spend on ZipPay is \$50 | All Classes Subject to change | Find us on Facebook and Instagram

