



POLE & AERIAL DIVAS



Pole & Aerial Divas Richmond
2/252 Church St, Richmond 3121
Phone: 03 94215951

TERM 6 TIMETABLE Mon 1st Nov- Sun 19th Dec

POLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10AM	BEG STATIC Course Cherie	INTER PREP STATIC Course Jess	BEG SPIN Course Lou	10am - 12.30pm		10 AM	BEG STATIC Course TBC	INTER PREP STATIC Course -Anna
11AM	PRACTICE TIME 11am - 1pm	ADV 2 & 3 STATIC Course Jess	INTER PREP SPIN Course Lou	10am - 12.30pm		11 AM	POLE MOVES -SPIN Casual Class Angelique	POLE CON Casual Class Anna
12PM	PRACTICE TIME 11am - 1pm	POLE MOVES- Static Casual Class Jess	INTER SPIN Course Lou			12 PM	BEG SPIN Course Angelique	INTER STATIC Course Anna
						1PM	RUSSIAN FLOW Course Angelique	BEG SPIN Course Bek
4 PM	PRACTICE TIME 4pm - 5.30pm	PRACTICE TIME 4pm - 5.30pm	PRACTICE TIME 4pm - 5.30pm	PRACTICE TIME 4pm - 5.30pm		2 PM	PRACTICE TIME 3pm - 4pm	INTER PREP SPIN Course -Bek
530 PM	BEG STATIC Course Caz	ADV 3 SPIN Course Gracie	INTER PREP SPIN Course Jess	BEG SPIN Course Caz		3 PM	PRACTICE TIME 3pm - 4pm	STRETCH TECH Casual Class Bek
630 PM	POLE MOVES- Static Casual Class Caz	ADV 2 STATIC Course Gracie	INTER SPIN Course Jess	ADV 1 STATIC Course Caz	7pm RUSSIAN FLOW LEVEL 2 Angelique			
730 PM	INTER STATIC Course Hanne	4 Wk Courses Russian Flow 2-Russian - Hardstyle Gracie	ADV SPIN Course Jess	BEG STATIC Course Bek				
830 PM	BEG SPIN Course Shannon	ADV 3 STATIC Course Gracie	ADV 2 SPIN Course Anna	INTER PREP STATIC Course Bek				

AERIAL STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10AM		BEG SILKS Course Shannon	ADV PREP LYRA Course Mel	10am - 12.30pm		10 AM	INTER PREP SILKS Course Nichola	BEG LYRA Course Nichola
11AM	PRACTICE TIME 11am - 1pm	INTER PREP SILKS Course Shannon	INTER LYRA Course Mel	10am - 12.30pm		11 AM	BEG SILKS Course Nichola	INTER LYRA Course Nichola
12PM			BEG LYRA Course Mel			12 PM	12.15 ADV PREP LYRA Course Nichola	LYRA BASICS Casual Class Nichola
4PM	PRACTICE TIME 4pm - 5.30pm	PRACTICE TIME 4pm - 5.30pm	PRACTICE TIME 4pm - 5pm	PRACTICE TIME 4pm - 5.30pm		1.15PM	ADV 2 LYRA Course Nichola	BEG 2 SILKS Course Shannon
530 PM	BEG LYRA Course Shannon	PRACTICE TIME 4pm - 6.30pm	STRETCH TECH Casual Class Alex	FLY GYM Casual Class Nichola		2.15 PM	PRACTICE TIME 2.30pm - 3.30pm	INTER PREP SILKS Course Shannon
630 PM	INTER LYRA Course Shannon	INTER LYRA Course Alex	6.15pm ADV 1 LYRA Course Risako	BEG LYRA Course Nichola		3.15PM		INTER 1 SILKS Course Shannon
730 PM	ADV 2 & 3 LYRA Course Shannon	LYRA BASICS Casual Class Alex	BEG 2 SILKS Course Risako	ADV PREP LYRA Course Nichola				
830 PM	ADV 1 LYRA Course Hanne	BEG LYRA Course Alex	BEG SILKS Course Risako	INTER LYRA Course Nichola				