

# TERM 4 TIMETABLE

Monday 2nd July - Sunday 26th August 2018

## POLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10.30 AM	<b>**BEGINNER STATIC **</b> 8 Week Course Cherie	<b>**ADVANCED 2 STATIC **</b> 8 Week Course Lou	<b>**BEGINNER SPIN</b> 8 Week Course Lou			10AM	<b>POLE MOVES -SPIN</b> Casual Class Anna	<b>BEGINNER STATIC</b> 8 Week Course Caz
11.30 AM	<b>PRACTICE TIME</b>	<b>**ADVANCED 1 STATIC **</b> 8 Week Course Lou	<b>**INTER SPIN</b> 8 Week Course Lou			11AM	<b>INTER SPIN</b> 8 Week Course Anna	<b>POLE CONDITIONING</b> Casual Class Caz
						12PM	<b>BEGINNER SPIN</b> 8 Week Course Anna	<b>INTERMEDIATE STATIC</b> 8 Week Course Caz
4PM	<b>PRACTICE TIME</b>	<b>PRACTICE TIME</b>	<b>PRACTICE TIME</b>	<b>PRACTICE TIME</b>		1PM	<b>DANCE CONDITIONING</b> Casual Class Angelique	<b>1PM to 2.30PM PRACTICE TIME</b>
5.30 PM	<b>BEGINNER STATIC</b> 8 Week Course Hollie	<b>4 WEEK COURSES</b> <b>5/7 Sexy Floor Flow</b> <b>2/8 Exotic Chair</b>	<b>BEGINNER SPIN</b> 8 Week Course Lou	<b>INTERMEDIATE STATIC</b> 8 Week Course Lou		2PM	<b>DANCE TECHNIQUE</b> 8 Week Course Angelique	
6.30 PM	<b>POLE CONDITIONING</b> Casual Class Hollie	<b>ADVANCED 3 SPIN</b> 8 Week Course Gracie	<b>INTERMEDIATE SPIN</b> 8 Week Course Lou	<b>BEGINNER STATIC</b> 8 Week Course Cherie		3PM	<b>RUSSIAN FLOW</b> 8 Week Course Angelique	
7.30 PM	<b>INTERMEDIATE STATIC</b> 8 Week Course Hollie	<b>ELITE</b> 8 Week Course Gracie	<b>ADVANCED SPIN</b> 8 Week Course Lou	<b>ADVANCED 1 STATIC</b> 8 Week Course Gracie				
8.30 PM	<b>BEGINNER SPIN</b> 8 Week Course Anna	<b>ADVANCED 2 SPIN</b> 8 Week Course Gracie	<b>ADVANCED 3 STATIC</b> 8 Week Course Lou	<b>ADVANCED 2 STATIC</b> 8 Week Course Gracie				

## AERIAL STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10.30 AM		<b>**BEGINNER LYRA</b> 8 Week Course Shannon	<b>STRETCH TECH</b> Casual Class Mel			10AM	<b>BEGINNER LYRA</b> 8 Week Course Raelene	<b>PRACTICE TIME</b>
11.30 AM	<b>PRACTICE TIME</b>	<b>**INTER 1 LYRA</b> 8 Week Course Shannon	<b>**INTER 2 LYRA</b> 8 Week Course Mel			11AM	<b>FLY GYM</b> Casual Class Raelene	<b>PRACTICE TIME</b>
						12PM	<b>ADVANCED 1 LYRA</b> 8 Week Course Raelene	<b>PRACTICE TIME</b>
4PM	<b>PRACTICE TIME</b>	<b>PRACTICE TIME</b>	<b>PRACTICE TIME</b>	<b>PRACTICE TIME</b>		1PM	<b>LYRA BASICS</b> Casual Class Raelene	
5.30 PM	<b>BEGINNER LYRA</b> 8 Week Course Shannon	<b>INTER 1 LYRA</b> 8 Week Course Raelene	<b>CONTORTION</b> 8 Week Course Mel	<b>FLY GYM</b> Casual Class Raelene		2PM	<b>PRACTICE TIME</b>	
6.30 PM	<b>INTER 1 LYRA</b> 8 Week Course Shannon	<b>FLY GYM</b> Casual Class Raelene	<b>INTER 3 LYRA</b> 8 Week Course Mel	<b>INTER 2 LYRA</b> 8 Week Course Raelene				
7.30 PM	<b>INTER 2 LYRA</b> 8 Week Course Shannon	<b>BEGINNER LYRA</b> 8 Week Course Raelene	<b>AERIAL CONDITIONING</b> Casual Class Mel	<b>BEGINNER LYRA</b> 8 Week Course Raelene				
8.30 PM	<b>A1 LYRA</b> 8 Week Course Shannon	<b>A2 LYRA</b> 8 Week Course Raelene	<b>A3 LYRA</b> 8 Week Course Mel	<b>INTER 1 LYRA</b> 8 Week Course Raelene				



**POLE & AERIAL DIVAS**



zipPay™

AVAILABLE MIN \$50 SPEND

\*\* Concession rate applies for students, weekday morning classes as marked\*\*  
(Must show student ID). All classes subject to change.

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<b>COURSES</b>	
8-week course	\$240
Additional 8-week course	\$190 (within the same term)
12-month membership	\$60/fortnight (see reception for details)
4-week course	\$120
Student discount course price	\$200
<b>PACKAGES *MOST POPULAR*</b>	
Poles/Lyra Goals Package - 2x Courses + Unlimited Practice Time	\$450
The Complete Package - 1 Course + 8 Casual Classes + Unlimited Practice Time	\$420
<b>CASUAL CLASSES</b>	
Introductory offer (new students only)	\$50 for 5 casual classes (valid for 14 Days starting from first visit)
1 Casual Class	\$30
5x Class Pass Price (3 month expiry)	\$125 (save \$25)
10x Class Pass Price (4 month expiry)	\$220 (save \$80)
20x Class Pass Price (6 month expiry)	\$400 (save \$200)
<b>WORKSHOPS</b>	
All members	\$45/\$50
<b>PRACTICE TIME</b>	
Course Member	\$10 or \$80 for full term
Non-Course Member Price	\$20

## WORKSHOPS

<b>STRETCH INTENSIVE with CAROLINE</b> 1.5 hours - \$45	<b>Sat 26th May</b> 3:30pm	Not for the faint-hearted, this is an intense, specialized stretch and conditioning session combining elements of Pole Flex and Stretch Technique. Loosen the hips, hamstrings and other muscle groups to enhance the overall range in flexibility. Work toward the splits and increasing your flexibility to improve extensions and lines in pole dancing or aerial hoop.
<b>TRICKS N' MOVES with GRACIE</b> 1.5 hours - \$45	<b>Sat 2nd June</b> 4pm	Are you feeling exhausted after performing a 3 minute routine which involves dance and tricks? Do you want to build your endurance? Well Tricks N' Moves is for you!! Having the strength and cardio to perform a whole routine without feeling so exhausted by the end is a pole dancers #goals. In this workshop you will learn how to control your breathing to increase your endurance and cardio. Give your body the right training it needs to prepare for 3-5 minute routines. Learn a fully choreographed routine that includes Pole Divas syllabus tricks and combos. Instructor's choice for a theme so feel free to dress up! Come Dance Your Cardio at Pole Divas! Suitable for Intermediate and Advanced students.
<b>AERIAL DANCE with HANNE</b>	<b>Sat 9th June</b> 3:30pm	This 1.5 hour workshop is all about focusing on the fluid dance elements and spins that is all a part of your Lyra course! You will learn a fun routine that uses only the movement that is based under the Lyra and on the floor. Your feet will not leave the ground but you will feel like a true Aerial Diva dancer by the time you finish this inspiring dance class. You will learn a different routine every workshop and we welcome anybody new to try this class or a current dedicated aerial student who wants to work on perfecting their dance skills."

<b>CONTACT US</b>	Opening Hours Mon-Tues-Wed: 10am-9.30pm Thurs: 1.30pm-9.30pm Fri: CLOSED Sat: 9.30am-2pm (Later for Functions/Workshops/Private) Sun: 9:30am-12:30pm
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